

Debbie Honeycutt

Cardiac Fitness Coordinator



Education:

American College of Sports Medicine:
Certified Health Fitness Specialist
CSUH Health and Fitness Institute:
Aerobics, Aqua Fitness, Personal Training,
and Special Populations
Foothill College:
Adaptive Fitness Technician Program
Arthritis Foundation: Aquatic Exercise Leader
Reebok University: Group Cycle
Club One Stott Training Pilates Principles
CPR Certified: American Heart Association
First Aid Certified: American Red Cross
Liberal Arts Degree, Mission College

Specialization:

Over 24 years experience in:

- Gerontology
- Special Populations
- Aquatic Training
- Strength Training
- Balance and Coordination
- Incorporating Mind, Body and Spirit principles into fitness
- Pilates-three years

Health and Fitness Philosophy:

I promote exercise as recreation-recreating the body through activity. I present life-extending opportunities through aerobics, aquatics, Gentle Pilates, strength training, and stress management.

These assist in improving quality of living by maintaining vitality and continual independence. Empowerment results from regaining control of health and self-esteem. Rejuvenation and a sense of well being usually occur. This will positively affect longevity.

Addison-Penzak
JCC 
Silicon Valley
Levy Family Campus