

Susie Christensen, Kickboxing Instructor

Susie is a Group Fitness Instructor certified by the American Council on Exercise. She has been teaching Kickboxing at Heart and Soul since 2008, with a short hiatus for the birth of her third child.

Susie grew up with a passion for sports: She was an All-American and National M.V.P. collegiate rugby player; a member of the U.S. Junior National Rugby Team; has completed 3 marathons; and loves to ski.

She is thrilled that she is able to work in a field she loves so much and truly enjoys teaching at the studio. The students here are special people who make it a wonderful place to work.

Susie is a mom of 3 active kids - chasing them is her best workout! She rounds out her days by working a few hours per week for MadAthlete.com: an online retail company that sells outdoor and sports equipment. She is also an active volunteer at her church.

She has her B.A. in Psychology from Princeton University and M.B.A. from Cornell University.