

Roxanne (Roxie) Fields



Education and Training-
G.E. and Pre-Nursing – Butte College
Certified Personal Trainer
Certified Aqua Instructor
Certified Nursing and Medical Assistant
Arthritis Foundation Self Health Leader

I have always been an athletic person, enjoying all types of sports and physical activities. My first love was swimming; now, I enjoy instructing aqua aerobic classes and indulge in snorkeling and kayaking in my recreational time.

Having worked in the medical field, I quickly realized the importance of preventative therapy. A back injury introduced me to aqua aerobics and eventually led me to a career in physical fitness. For me, helping people achieve their fitness goals is very rewarding. I've been working in fitness ever since and continue to help my clients improve their strength, mobility, confidence, and live a better quality of life!