

MEDIA KIT

ANDREA RUELAS

SENIOR MASTER TRAINER, LAGREE FITNESS

BIO

Andrea went to law school, practiced law, then walked into a Lagree class and changed course. She started teaching in 2013. Sebastien Lagree later asked her to work directly for him leading teacher training.

Today she is a Senior Master Trainer on the Lagree Training and Development team, a Senior Master Instructor at CycleBar, and the trainer in residence at Transform Fitness Studio in Mountain View and Saratoga. Her classes run on stories, jokes, and precise cues.

TITLES

Senior Master Trainer, Lagree Fitness, since 2013

Senior Master Instructor, CycleBar, since 2016

Lagree Summit 2026 panelist

NUMBERS

13

years Lagree

10

years CycleBar

Thousands

of classes taught

MEDIA MENTION

CycleBar feature, October 2019: cyclebar.com/blog/andrea-ruelas

CONTACT

Send booking and media requests through the Book form on Andrea's website.