



Beth Cowley, Program Director
Body Attack, Spin, Sunrise/Sunset Circuit

Beth Cowley is the Program Director and an instructor at Momentum Group Fitness. Beth is a former LSU student-athlete: she was recruited from her National Championship high school volleyball team in Louisville, KY to join the Tigers, where she played from 2001-2004. She then stayed at LSU to complete her Masters of Business Administration with a specialization in Finance.

For the next couple years, Beth tried corporate America, but her passion for health and fitness brought her back to the industry in 2008.

Besides working out and teaching classes, Beth enjoys cooking, traveling and spending time with her fiancé, Mickey, and their two papillons: Lucy & Desi.

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