

Tanisha is a wife, mom, fitness professional and lifetime dancer on a mission to help women feel absolutely fabulous in their own skin.

Having started dance training at 4, Tanisha has been fortunate to have been able to experience several styles of dance all over the world, including ballet, jazz (her fave!), modern, African, hip hop, soca (her other fave!) and everything in between!

After graduating with a Master's degree in Cultural Studies and spending a few years abroad, Jamaican-born Tanisha came back to Barbados to work in International communications and project management. Along with her day job, Tanisha also worked part-time as a professional dancer with the Plantation Garden Theatre, Dance Machine and Zhone Productions for several years.

Never one to be able to keep still, Tanisha also jumped into the world of fitness, finding ways to incorporate her dance experience in training and bodybuilding. She entered her first bodybuilding competition in 2012, became a Certified Personal Trainer and a few competitions later, won the regional CAC Bodybuilding competition in Fitness in 2014.

These days, Tanisha is focused on building her Coach Cross Fitness business, teaching dance fitness classes, becoming a certified yoga teacher and spending as much time as possible with her husband and daughter, Zuri.