

HOT in Winter!

Cold weather is not an excuse for becoming couch potato! Stay active, HAVE FUN and let me take care of your mind and body.

This is an introductory level class for adults of all ages and body types who don't like boredom of ordinary exercises but try to get/stay in shape. I will introduce new or not so new but unusual for most of people ways to workout.

Some of the techniques to be taught are: pole dancing, gliding discs, balls and suspension training (TRX, aerial yoga), hula-hoop dance, Zumba. Students will benefit from learning new techniques they could use at home on their own schedule without necessity to drive to a gym, to spend money on nannies and daycare. And the most important – they will love being strong, confident and healthy!

Instructor's qualifications

I have Bachelor's Degree in Education and Master's Degree in Sociology.

Fitness certifications: 4 certificates of Zumba fitness, Personal trainer certificate from AFPA, instructor of pole dancing certificate, member of IDEA fitness and AFPA. CPR and First Aid certificates from Red Cross. Currently working on certifications for Hoopnotica, Fitness instructor for special populations and Wellness coaching.

Price \$20 for 1.5 hour class or \$75 for 5 class punch card.

Starting date: January 13th

Time Wednesday 5-30 – 7p.m.

Instructor's contact information

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