Group Fitness Instructors Introduction

Corinne



With over 20 years of expertise as a professional dancer, teacher, and choreographer, Corinne has always had a passion for understanding how the body moves, and how to prevent and recover from injuries. To further support her dancers, she earned her certification in Progressing Ballet Technique; training with Marie Walton Mahon of the Australian Ballet and owner/founder of PBT and the National College of Dance. Corinne is currently a full-time instructor for Inspirations Dance & Tumbling, co-director of Inspirations Dance Company, and is thrilled to be able to share this passion of hers through fitness classes in our community as well! When she's not dancing throughout the community center every day of the week, you might spy her out and about with her husband, two wonderful sons, and rescue animals!

Edith



"Hello! I'm Edith Pauley and I live in Pingree Grove, IL. I have been teaching Zumba since August 2011 and I absolutely love it! The reason is simple: Every class feels like a party! I am currently licensed to teach Strong by Zumba®, Zumba®, Zumba® Toning, Aqua Zumba®, Zumba Sentao®, Zumba Gold®, Zumba® Kids & Kids Jr, Zumbini® and Zumba® Step. Come join me, I guarantee you will have a blast! I have a lot of energy and my Zumba class will get you burning over 500 calories in one hour. Let's do this!"

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Jess



“Hey Neighbors, I am Jess Tudela! You've likely seen me in your favorite fitness classes and around the community. I am a seamstress, a busy mom to one active boy, and a dance and fitness instructor. When I'm not at the gym, you'll see me at the park with my son, sewing in my home office, or out with friends and neighbors.

In my late teens I started to notice my health habits were leading me to become an obese and inactive young adult. After my first year of College. I started exercising consistently and studying all I could about health and wellness. It has been quite a journey of ups and downs since then but it led to me to become a fitness class instructor; something I have dreamed of doing since my days in youth dance classes and working out to my mom's old Jane Fonda videos.

I love this community, the fitness classes and the amazing friends I've made there. Come try a class, you won't be disappointed!”

Kara



Kara is a wife to her high school sweetheart and mother of four daughters. She grew up on the east side of Elgin and currently resides in Hampshire. Kara started doing yoga over 5 years ago and instantly fell in love with the calmness that it brought her. After being in healthcare for over 22 years, Kara took a step back from medicine to pursue her dream of yoga instruction and she completed her yoga teacher training focused in Ashtanga Vinyasa Yoga in November of 2023. She strives to awaken her students to the many possibilities of yoga, whether it be flexibility of the body, peacefulness of the mind, or lightness of the heart. Her classes are a judgment-free and fun exploration of the yoga practice and always include an amazing playlist. Besides yoga, Kara enjoys gardening and canning, watching her daughters play sports, and of course tacos and margaritas.

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Melissa



Melissa is proof that it's never too late (or too crazy) to chase a wild new dream—like launching a fitness class the same week she turns 45!
A former 310-pound yo-yo dieter turned strong AF movement junkie, Melissa knows firsthand that both losing weight and staying the same are hard—but choosing your hard can change your life. She's dropped over half her body weight, picked up dumbbells (and confidence), and wants you to feel like the strongest peach in the patch.
When she's not leading you through booty-burning circuits, you'll find her delivering babies, coordinating a husband and three kids (including a daughter with executive-level sass), or hosting community events in Pingree Grove—where she thrives as a proud volunteer and queen of getting stuff done. Melissa believes in sweat, sass, sisterhood, and the power of showing up for yourself—and for each other. Expect loud music, belly laughs, and a judgment-free zone where weirdness is welcome and community is everything.
Also: don't be surprised if she pulls a tarot card to set the class intention.
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