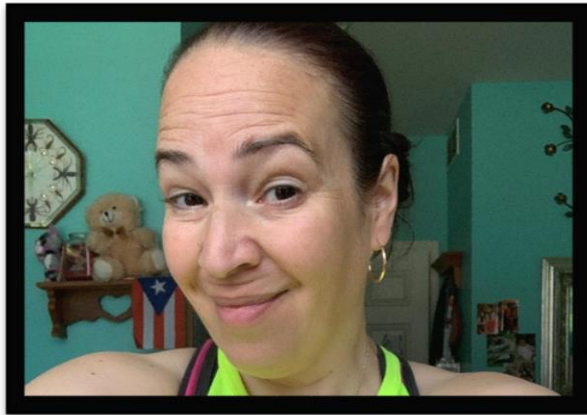


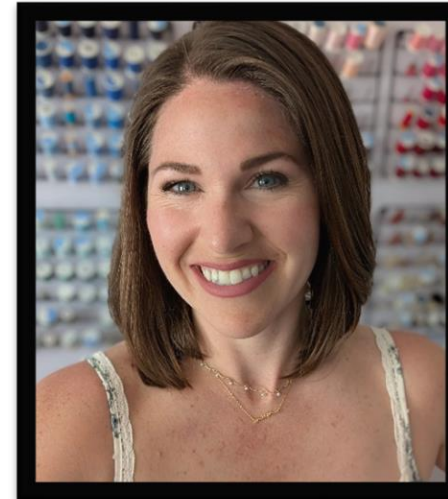
Group Fitness Instructors Introduction

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!"

Jess T.



"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!"

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Jennifer



Hi! I'm Jen and I have a lot of experience under my belt (no pun intended). It started in college at a body sculpting fitness group class where I was the only participant. I asked the instructor if we could dance instead of body sculpt. She laughed and I told her I wanted to teach dance fitness (Zumba was not even born yet). She said her supervisor was looking for new fitness instructors and that I should apply. I applied and I started teaching abs, body sculpting, and even buns! Then Shakira's first USA album came out and I became obsessed with wanting to move like her. I remember seeing a very famous belly dancer on YouTube and asking my mom for her Pops, Locks, and Shimmies DVD for my birthday. She got me the DVD and I was so excited to try it. I tried it a few times and I gave up very quickly because I thought the moves were too difficult.

I did not, however, stop teaching group fitness classes. I have taught group fitness classes for 20 years and I have taught many different formats, including dance.

A very funny story I have is that I had never attended a Ballet class, and I always had wanted to take one. Walking into an Adult Ballet class for the first time was the most terrifying, intimidating thing for

me. All the students seemed to know what they were doing. Luckily, I followed the lady in front of me because I did not understand the French terms the teacher was calling out. I didn't want to do any individual leaps and turns at the end of class, but I eventually attempted to try to do them. Stepping out of my comfort zone helped me understand and connect with how students must feel when they first step into any type of dance class for the first time.

Another funny story is that I didn't try belly dancing again until 2020. I was super bored, and I decided to create a belly dance account on a social media platform. I tried to make short clips of me dancing in my hip scarf in the kitchen. I started really connecting with belly dance students and teachers. And then something even funnier happened: professional Belly Dancers started following me and encouraging me to practice more and take more classes.

Fast forward to 2025, I have performed on stage three times. I have taken many workshops and classes from famous Belly Dancers. I entered my first Belly Dance competition in August of 2024. Never in a million years did I think any of this could happen. And it all started with, "Can we please dance today instead of body sculpt." Lol.

When I am not dancing, I like to hang out with my husband. I love to cook, and I love taking care of our three animals: Callie, Tater Tot, and Libby. I am also learning how to sew hip scarves and belly dance costumes because I love anything that sparkles!

I am so excited to teach you Shimmy Fit. It is a great way to give yourself your "me time" while embracing your body and learning this beautiful art form.

I am looking forward to meeting you and I can't wait to dance with you!

Happy Shimmies!

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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.