Group Fitness Instructors Introduction

Adriana



"My fitness journey started at the community center when I was invited to join the Zumba class with Edith, and I fell in love with how she taught the class and the energy she gave. After this, I discovered the Strong Nation format with another instructor and decided that I wanted to focus on that format because I achieved more endurance and toning for my health. Thanks to Edith I decided to push myself and to do something new and start teaching classes and I absolutely love it."

Amy



"I have been teaching group fitness classes since 2014 when I moved to the Cambridge Lakes Community! I have my Group Fitness Certification thought AFAA and I am up to date on my CRP and First Aid Certifications. I am licensed to teach WERQ, POUND and Generation POUND and I hold several other certifications though continuing education. I absolutely love to make fitness fun! I know everyone has different goals. Some have goals of weight loss, but others do it to improve energy, fight depression, boost brain health, boost immunity, strengthen muscles, gain cardio strength, and promote quality of sleep…and some just love to have a place to show up and work out with new friends. Whatever your reason, you will have fun! All of my classes are a judgement free zone …so step out of your comfort zone and try something new!"

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Aneta



Aneta was introduced to yoga by a dear friend and has felt a deep connection to it ever since. She came to her mat when she was in a dark place and needed a physical outlet to release some inner obstacles. Being a personal trainer and swimmer, she was first drawn to yoga for the physical aspects of the practice. She soon realized that her yoga mat also provided a safe space for emotional and spiritual growth. Her yoga practice provided a safe space for her to explore what was at the bottom of this anger and struggle. Yoga gave her a sense that she could work through anything. Aneta found herself becoming not only physically stronger, but stronger in her mind as well as acknowledging the challenges that were in her path. Yoga helped Aneta open herself up to love and became more open to others instead of being emotionally unavailability. Instead of hopeless she felt empowered, connected to herself like never before, and a sense of peace and love. Soon Aneta found herself thirsting for more of what yoga - not just the asanas, had to offer and a desire to share this gift with others. Aneta went on to graduate from the Yoga Teacher Training at Tribalance in 2015. Yoga has opened up Aneta in the best possible ways and she hopes to create the environment for her students to have the same opportunities. Her classes are definitely a great work out as well as opportunity to unwind, relax and meditate.

Christine



"Hi, I'm Christine Rataj. I've been a Cambridge Lakes Resident since 2007. I have had a passion for fitness practically my whole life. After participating in Zumba classes for many years, I received my certification in 2013 and have been teaching ever since. Combining dance fitness with basic interval training is one of the most effective workouts out there and Zumba Circuit is a great class for all fitness levels. I hope to see you in class!"