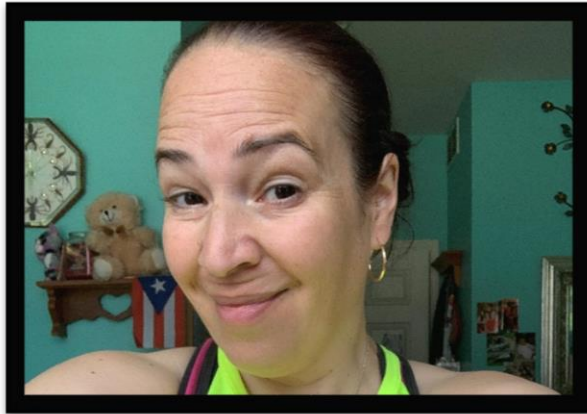


Group Fitness Instructors Introduction

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 A.



"As a wife, mom, dog mom + fitness professional, I relate to a life of managed chaos + imperfections. I specialize in Pre + Post Natal Fitness, helping new + seasoned Moms restore their core + pelvic floor after babies. My workouts build help build strength, while encouraging healing. My passion is helping others break free of an "all or nothing" mindset while achieving their health & fitness goals with realistic habit building. I believe health is multidimensional. Exercise should be a celebration of what your body can do rather than punishment. Food should be enjoyed + balanced without guilt. The consistent habits we practice and choices we make mold our mental, social + physical health. The body is complex. Each journey is unique. Excited to encourage, guide and empower you along the way."

Group Fitness Instructors Introduction

Jess T.



"Hey Neighbors, I am Jess Tudela! You've likely seen me in your favorite fitness class or around the community. I am a seamstress, a busy Mom to one active boy, and a dance & fitness instructor. When I'm not with my son you'll find me sewing, dancing or strength training. I started dancing around age 3 and recently became a dance instructor for little ones at HPD.

I became very interested in health and wellness in the last 15 years and always dreamed of leading my own fitness classes. Being able to teach and motivate others is a huge passion of mine; I hope I get the chance to meet and exercise with you all. See you in Class!"

Joe



"I've been teaching kickboxing since 2010 after training in the martial arts for about 2 years. I originally was teaching classes at Title Boxing Club in Lake Zurich. I was considered one of the best instructors due to my creative teaching style as well as designing new and fun combinations to help individuals with balance, coordination, and stamina. I got into becoming a kickboxing instructor because I wanted to share my passion, knowledge and skill set with those who are looking to learn something new and fun!"

Group Fitness Instructors Introduction

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.