



Cheryl

I took my first “aerobics” class while in college in 1980 and I was hooked. After graduation with a mathematics education degree in 1982, I moved to Sitka, Alaska to teach high school math.

There were no group fitness classes available, so I became certified and started teaching “high impact aerobics” which was all the craze then (ala Jane Fonda). After jumping around on hard surfaces with no shoes on (athletic shoes for fitness classes were just starting to be developed) we switched to “low impact aerobics” to save our bodies. Later came “step aerobics” which I still love teaching, and eventually weight training for women. I moved to Taos in 2011 and found my fitness home at the Taos Spa and Tennis Club. When we brought on the Les Mills “Body Pump” and later “CXWORXS” (which is now called “Core”), it was a great mental and physical challenge for me. Now I’m in my 60’s and feel fitter than I’ve ever been, minus the usual aches and pains that come with age. I love my colleagues at the Spa, and all the great participants who come to our classes.