



Kristy

I am a Colorado Native and have lived here for 2 years. I am also a proud mother of a 21 year-old daughter in Colorado.

I have taught fitness in the Englewood Colorado school system, recreation centers, Foothills Recreation Center, and South Suburb Recreation Center. I've been a licensed Zumba teacher for over 11 years. I have a number of specialty classes in Zumba. I am licensed to teach Aqua Zumba, Zumba Gold, Zumba Toning, Zumba Gold-Toning, Zumba circuit, Zumba Kids, and Zumba Strong.

I am also a certified Group Exercise Fitness instructor. I have taught weight lifting, senior fitness, mobile & agile balance, and all of the Silver Sneakers classes.

My husband & I also have a home in Florida where we run away from the ice and winter snow. We have adapted the vegan, gluten and dairy free diet, which has had an amazing healthful impact on our lives.

I am so grateful and happy to celebrate life with others through movement, music, and teaching again, as our nation climbs out of the Pandemic. I look forward to serving your fitness interests and goals this summer.