

APRIL INSTRUCTOR SPOTLIGHT:

AMY ARAGON



MEET AMY

Amy has been in the fitness industry for 14 years and has been teaching with THPRD for just under a year now! She walked into a Zumba® class for the first time 13 years ago. Amy headed straight to the back of the class and did the best she could. Despite feeling like she could not follow along, Amy kept going back because the music was infectious! Before long, she caught on! The energy between the students and the instructor was incredible! Amy wanted to be an inspiration and coach to students who felt like she did during those first few classes so she got my Zumba® license and began to teach classes of her own.

Amy would also like to share top 10 reasons to get in Zumba®: releases endorphins, improves coordination, creates a community, the music is infectious, & it's fun! It builds endurance, boosts your heart health, helps you de-stress, the class is easy to follow, and it's adaptable for any fitness level!

ADVICE TO PATRONS

“Try out a variety of classes and diversify your fitness schedule. Every format has something to benefit from whether it's cardio, strength, endurance, flexibility, or balance. Create a schedule to dedicate to your fitness. Stick to it, even when you don't feel like you have energy to workout. Use that time to do something even if it's small. (stretch, meditate, or take a walk)”

REWARDING MOMENT

“The students! The energy I give to my students they give right back to me during class. When I see their smiles and sweat, I know I am doing right by them.”

SPECIALTIES AND FACILITIES

Certifications:

AFAA Group X Certification
CPR/AED Adult/Child/Infant Certification
Zumba® Fitness, Regular, Gold and Toning

Train with Amy:

Thursday 5:45pm, Zumba® at Cedar Hills Recreation Center
Sunday 11:00am, Zumba® Fitness in the Park at Tallac Terrace Park (April 8 - June 1, 2024)