

Priscilla

Certified Instructor

About Me

I've been teaching classes at the Center since 2003. I taught cardio kickboxing from 2003-2008. Then I got licensed to teach Zumba, and have been teaching it for over 14 years. I look forward to teaching every week, and connecting with my students through dance and music. I'm also a Certified Personal Trainer, Barre & Pilates instructor. By day, I work in vendor relationship management for a cybersecurity consulting company. I've been married for 24 years, and have 2 fur baby cats.

Fun Fact

I'm a karaoke queen! I can't carry a tune with a bucket, but I love to sing and be a rockstar in 3-4 minute increments!

Motivation

Zumba/ dancing in public with strangers can be intimidating. So, when I have a new participant, I give them the general rundown of the class, and I always end with "As long as you're moving, you're doing it right!". My regulars will chime in and say it with me because I say it ALL the time!



Classes

Zumba

Monday at 6:30 p.m. (GFS)