

# Peggy

## Certified Instructor

### About Me

I am married with two sons, one an Army captain and the other a theatre professor. I was a marketing/public relations practitioner for most of my career but have hardly slowed down since leaving that behind and joining the ranks of the retired.

During the summer, I rotate around to about 6 different pools, doing upwards of eight water classes a week. Aside from teaching water fitness, I also teach Essentrics, a fitness program out of Canada that is very gentle on the body.

My other interests include horseback riding, KWTA tennis, book club (2 of them), travel and community service.

### Fun Fact

When I travel, I always try to find an opportunity to kayak. Mostly, I go solo. Recently, I kayaked the Platte River in Sleeping Bear Dunes, northern Michigan.

### Motivation

Live, love, laugh, and exercise!



### Classes

#### Essentrics

Monday at 9:30 a.m. (MBS)

#### Shallow/Deep Water

Thursday at 9:00 a.m.