

# SAMANTHA

I am your Introverted Zumba Instructor. My love for Zumba began 12ish years ago at the back of the local Zumba class. I was so excited to find a workout that was not only beneficial to my physical health but also to my mental health. 2 1/2 years ago I decided to go outside of my comfort zone and become a Certified Zumba Instructor. This has been such an amazing journey for me and I look forward to sharing my passion for Zumba with you!



# AARON

Hello! My name is Aaron White. Born 1994 in Midland Ontario. A Local artist, with a heart full of colour and a passion for adventure. Being primarily self taught I tend to find many of my own techniques to achieve my artistic goals. My journey with teaching art took off when I started to learn landscape painting from Bob Ross episodes. Before I knew it, I was teaching others the joy of painting.

My art practice mainly consists of oil & acrylic painting, along with sculpting. I've always been inspired by the intriguing worlds of fantasy video games, books and movies. Along with the complex emotions brought by music and the many different genres. There is never a quiet time well I'm in the studio, even if it's soft background music.



# HOLLY

Hi, my name is Holly and I have been teaching Zumba in the community since 2019. I love teaching Zumba because first and foremost I love to dance! I also love meeting new people.

So, if you love to dance and want to meet new people while getting a fun workout in, come join me for Zumba! I guarantee you will have a blast! Let's get our sweat on!



# SHERRI

Hello folks, my name is Sherri and I am a dedicated yoga teacher with a big heart. As a teen, I was a long time member and coach with the Midland Figure Skating Club. In my 20's I moved to Guelph, and worked for 20 years as a Dental Hygienist, specializing in periodontal therapy. My husband and I have been married for 25 years and we have been blessed with 2 beautiful children who are athletic, artsy and super special people! I was an active member and volunteer fitness instructor at the Midland YMCA. I completed YT620 hours of training and became certified as a yoga teacher through YogaFit Canada. My passion is to be able to offer yoga as a healing modality to our community. The classes provide a safe, compassionate setting with choices of movement, to accommodate all of our life experiences. I currently offer yoga classes including, Senior Gentle Stretch, Chair Yoga, Adult Gentle Yoga and Restorative Yoga/Yoga Nidra. In my spare time I enjoy skating, walking, biking, snowshoeing. I can often be found with my nose in a book studying anatomy, neuroscience and trauma care. I look forward to sharing movement with you, and perhaps some laughter along the way.



# JANIS

Janis Foley, born and raised in Penetanguishene. I am a full-time teacher at Canadian Martyrs School and in my spare time I love to coach. Fitness and sports have been a part of my life for as long as I can remember. I started coaching a learn to skate program when I was 12. From then on I knew I loved to coach and teach. I love being active and have played or been involved in just about every sport. I want to give back to my community the opportunities and the love of physical activity that I have gained through fitness and sports. Being active helps everyone's mind, body and soul. Over the years I have coached various ages and numerous sports such as baseball, volleyball, basketball, running, track and field and ball hockey. My most recent passion is coaching adult fitness and kettlebell classes. I have been teaching kettlebell classes for over 14 years and am honored to teach for the town of Penetang. I love my community and am committed to the health and well-being of its members. I look forward to meeting new people and hearing why you are committed to a healthy lifestyle.



# JILLIAN

I am Jillian Le Gros and I love seeing participants challenge themselves and surpass their expectations. I have 14+ years of experience as a Volunteer Wellness Instructor for Waypoint Centre Staff, as well as ~7 years of being a Fitness Instructor for the Town of Penetanguishene. I have taught Learn to Run, Pilates, Yoga, High Intensity Interval Training and Mobility, Stability & Mindfulness Classes. I like to take the time to ensure participants understand the techniques and help them find the mind-body connection to get the most out of their workouts.



# LILY

Lily is a trained Irish Dancer, with over ten years of experience competing and performing in both Irish and other dance styles such as Lyrical, Jazz, Hip Hop and Tap.

Having created her own Irish Dance performance business, Lily is well versed in the current dance trends. She has also competed and performed at Varsity Sports games in Cheer POM with the Trent University POM team in their 2022/23 Season. Along with many years of

Dance training, Lily has also been a Recreation Coordinator at Wild Life Academy for over 5 years, as well as providing Recreation programs for Autism Ontario.

Lily hopes to use her experience in Dance, as well as her background in Fitness Challenges such as Spartan Racing and a variety of Martial Arts (MMA, Kickboxing) to bring a challenging and exciting approach to every class!

