

# 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!



# 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!



# HILARY

Born in South Wales, Hilary first started to play bass with the National Youth Orchestra of Wales and through a junior scholarship, studied at the Royal Welsh College of Music and Drama, where she also played with the Welsh National Opera on occasions. Hilary then went to London to study double bass with Robin McGee (Principal Bass London Symphony Orchestra) at the Royal Academy of Music on the Advanced Performer's Course. During this time, Hilary funded her studies by teaching double bass for Buckinghamshire and also at the Croydon Music Centre. On leaving the Royal Academy, Hilary was appointed double bass teacher for the Leicestershire School of Music. Hilary moved to Canada in 2014 and is double bass section leader with the Huronia Symphony Orchestra. From 2015, Hilary has worked as a string teacher, Hilary runs her own string school, Key Signature School of Music in Midland where she provides classes for children and adults. In October 2018 Hilary founded and is the Music Director of the Bay Light Orchestra, a non-profit community Orchestra based in Elmvale.



# CYNTHIA

Cynthia learned to dance as a child and hasn't stopped tapping her feet to the beat ever since. She likes to move and has made that her life's work as a yoga and fitness instructor. Dancing through life keeps your mind, body, and spirit young at any age from zero to 99 and beyond. Join in a class and move your spine in 99 different ways, and you'll find laughter through your many tens of thousands of days.



# 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.



# CHRISTINE

In 2014, after more than two decades working as a printer, running colour offset printing presses in Windsor, Ontario, Chris made a career change. Chris relocated to Midland to pursue her life passion in Yoga. Following her heart, expressing her authentic self and doing the things she loves took courage, she has no regrets. As a respected Yoga instructor, Chris offers Yoga lessons in her home and at community facilities. For Chris, Yoga was an enabling practice. It opened her willingness to explore new opportunities and take calculated risks - to do the things that mattered most to her. Chris had dabbled in the arts for decades and as she embraced Yoga, she wanted to find ways to use that rejuvenating energy flow to work more consistently at creating beauty and joy. Chris has found joy and peace through regular Yoga practices, and she is keen to share that positive energy with others. She strives to teach others the essence and spirit of themselves, through the places and things that matter to them.



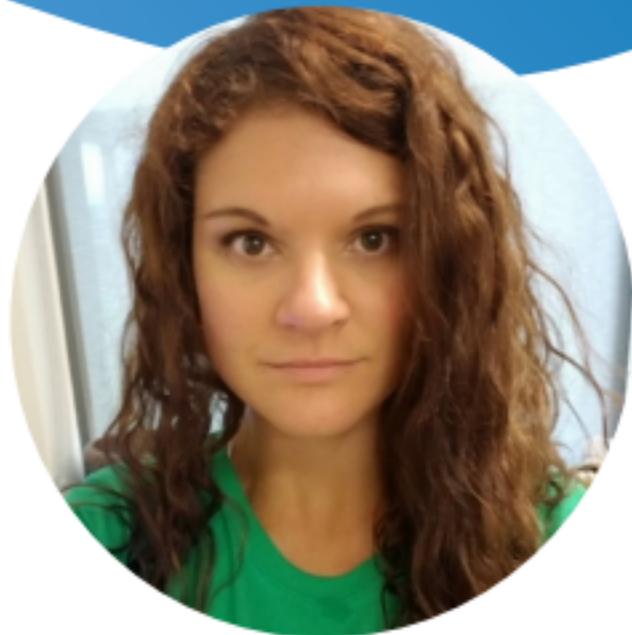
# JANIS

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.



# LUCY

I have been a Recreation Therapist and Fitness Instructor for the last 20 years. I love teaching and sharing my ideas to the older adults. We have such pleasure working out together. I love to teach new ways to promote physical fitness. I always make sure that it is fun, and feels good. I believe in the saying "if you don't use it, You loose it" So come on out and try one of my circuit classes, you will not regret it!



# NICOLE

Nicole is a trained kinesiology with a long history as fitness instructor, coach and endurance athlete. She is passionate about challenging others to perform and thrive and is excited about returning to coaching kettlebell fitness.



# SHARMEN

Sharmen has worked in Human Services for 20+ years and is a recent 200 HR Hatha Yoga Instructor Graduate. She is thrilled to bring her skill set to the Town of Penetanguishene in which she has lived for the past four years. Offering Hatha Yoga for Youth is an opportunity to bring not only the physical aspects of yoga but mindfulness, gratitude, and relaxation techniques to our local youth community.



# QUEST ART

**QUEST**  
**ART**

**SCHOOL  
+GALLERY**

For over 25 years, Quest Art School + Gallery has been committed to bringing arts and culture to the north Simcoe community.

This has been done through our exhibitions, art classes, and workshops for people of all ages – ranging from preschool to seniors. We also strongly believe in the impact and value that art and culture has on our community in many other ways. Quest Art recognizes the importance that art and culture plays in the civic, political, social, economic and environmental lives of a community. We believe in the significance of art and culture as a means of social engagement and connection, providing benefits that affect individuals mentally, emotionally, and physically. The activities and partnerships that we undertake provide multiple benefits, including economic and downtown revitalization, combatting social isolation, inclusive opportunities for marginalized communities, greater opportunities for volunteerism, and ensuring that youth are represented and have participatory opportunities for involvement. We believe in the power of art to change our world for the better.