

JANUARY INSTRUCTOR SPOTLIGHT:

CHRISTL ARIAS



MEET CHRISTL

Christl grew up on a horse farm in North Carolina and her fitness journey began as a teenager exercising with her horses! When she was a young mother, she was drawn into a Zumba class and fell in love with the music and energy! Despite never having danced before and feeling rather awkward, she worked hard to become a Zumba instructor and has been teaching with THPRD since 2012. With her new found passion, Christl began to take lessons in a variety of dance formats, eventually joining a ladies' Latin dance team that performed at the US Salsa Congress. After her beginnings as a Zumba instructor, Christl's journey inspired her to get certified and teach a wide array of group fitness formats and even earn her Personal Training certification. Besides being a Personal Trainer, Christl teaches Balance Basics and Functional Kettlebells at Elsie Stuhr.

ADVICE TO PATRONS

"It's never too late to start! We all start somewhere, and I like to say that "movement is medicine". We are made to move, so just jump into a class! Read the class descriptions, find one that interests you and suits your fitness level, and then GO! Check it out! Just start moving your body, and enjoy where the journey takes you! Who knows?! Maybe you'll end up taking dance lessons or becoming an instructor too!!"

REWARDING MOMENT

"What I love about fitness are the connections we all make with each other in our fitness classes."

SPECIALTIES AND FACILITIES

Certifications:

AFAA Group Fitness Instructor

NASM Personal Trainer

TRX Qualification

Kettlebell Fundamentals Specialist

Zumba

Zumba Gold

Train with Christl:

Elsie Stuhr