



CJ Michalak

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I am an AFAA certified fitness instructor and have been teaching fitness classes for over 25 years. As much as I enjoy teaching all fitness classes, nothing compares to Zumba. I experienced my first Zumba class in 2008 and have been hooked ever since. I became a certified Zumba instructor in 2010 and started teaching classes soon after. Zumba is a fun, high energy workout that anyone can do and you don't even have to know how to dance. Just move your body and follow my lead. Every class feels like a party! Come to one of my classes and I guarantee you will have fun and get a great workout. Drop-ins and newbies are always welcome.