



Instructor Profile



Terri

Certification:

Aquatic Exercise Association
Started with CSD: October 2014

What classes do you instruct:
Deep Water & Shallow Water

Wellness Through Water!



Heidi

Certification:

International Fitness Association
Started with CSD: September 2007

What classes do you instruct and at what times:
Deep Water & Shallow Water

Don't forget to have a good time and push yourself
toward a healthier you!



Jennifer

Certification:

Aerobic & Fitness Association of America
Started with CSD: April 2014

What classes do you instruct:
Deep Water & Shallow Water

Water aerobics is a great work out that anyone can do
and have fun while doing it!

Instructor Profile



Jenny



Stephanie



Kristi

Certification:

Aerobic & Fitness Association of America

Started with CSD: April 2014

What classes do you instruct:

Deep Water & Shallow Water

Water aerobics is a great work out that anyone can do and have fun while doing it!

Certification:

Aquatic Exercise Association

Started with CSD: March 2007

What classes do you instruct and at what times:

Deep Water & Shallow Water

To facilitate a low-impact, high energy workout to a variety of fitness levels and abilities.

Certification:

Aquatic Exercise Association

Started with CSD: April 2014

What classes do you instruct and at what times:

Deep Water & Shallow Water

It's YOUR workout! Always do YOUR best because that's all you can hold yourself accountable to when your



Instructor Profile



Ashleigh

Certification:

United State Water Fitness

Started with CSD: March 2013

What classes do you instruct and at what times:

Deep Water & Shallow Water

I believe that water aerobics is a wonderful way to stay healthy and fit, meet new people and most importantly have **fun!**

The CSD Water Aerobic Instructors are all highly trained and certified through professional organizations that specialize in water instruction, aerobics, and fitness. Our instructors are diverse and can and will teach a variety of classes depending upon availability and season. It is important to note that most of our instructors have other jobs and careers and teach at the CSD because they are passionate, knowledgeable, and energetic people.

You can refer to the Class Schedule on the website that will identify the classes and times that instructors are scheduled.

Please keep this in mind that the schedule is subject to change.

If you have participated in one of our classes our instructors would love to have your feedback. Please complete a Water Aerobics evaluation and leave it at the front desk to provide helpful comments for our instructors to make your health and wellness journey better!

Please speak to a front office staff member for more details.