



INTRODUCING

Wilfa Hodges

Group Exercise Instructor



I believe in the philosophy of Zumba which is to have fun while you exercise; to embrace your body and to feel good about yourself while you're dancing. The classes are designed to make you feel happy and healthier rather than worrying about your appearance.

Dancing has been my passion from such a young age. I have been trained in modern Jazz which allows me to add a unique and special flare to my choreographies within my classes. I became a licensed Zumba Instructor in 2010 and always strive to make the best experience possible for my class participants. I approach each class with such high energy and passion to spread the Zumba love!

EDUCATION & CERTIFICATIONS

- American Red Cross - First Aid/CPR/AED
- Certified Zumba® Instructor

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

stuttgart.armymwr.com