

MEET OUR INSTRUCTORS



Sylvia Brandoni—Fit for Life and Pilates Instructor

Teaching is her passion. Sylvia has over twenty-five years of experience and has taught a wide variety of formats and age groups ranging from teenagers to active older adults. As a Senior Fitness Consultant, holds a degree in Marketing, and many certifications including American Red Cross CPR/AED AFAA certified instructor. She wants fitness to be fun and welcoming in a safe environment.



Diane Davis—Mat Yoga Instructor

Diane is a graduate of the American Yoga Academy and certified by the yoga alliance school for adults, For over 20 years, she has taught at gyms, senior centers, schools, a local YMCA and at assisted living centers. Her specialty is teaching gentle yoga for seniors.



Susan Dayeh—Zumba Gold Instructor

As a licensed Zumba instructor, and owner of Mia Bella Hair Studio in Wayne, Susan has a keen eye for making people look and feel their best.

She's been married for 35 years and is the proud mother of three children. She found her passion for Zumba fitness 13 years ago and became licensed in order to help others become the best versions of themselves through dance. The enthusiasm of her Zumba participants brings out the best in her.



Dee Drake—Line Dancing Instructor

Although she started in Latin and Ballroom dance, Dee soon fell in love with Country music and line dancing. She has been a Certified Country Fusion Star Instructor for almost 10 years and has taught classes for all levels at many locations throughout Northern New Jersey. She loves teaching, and every class is a dance party!

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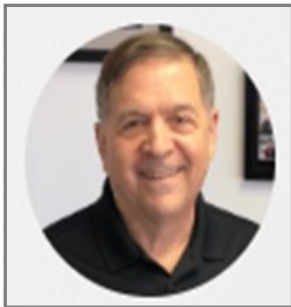
Peggy Dressel—Art

Peggy has been teaching drawing, watercolor and pastel for the past 25 years. As a fine Artist, Peggy has exhibited in galleries, museums and juried exhibitions. Her elected memberships includes the NJ Watercolor Society, The Catherine Lorrillard Wolfe Art Club, the Degas Pastel Society and the Art Center of Northern NJ Watercolor Assoc. As an illustrator she has illustrated picture books, chapter books, posters, book covers, ads and magazines.



Kathleen Leary—Hatha Chair Yoga Instructor

Kathleen is an experienced Vinyasa yoga instructor, Reiki practitioner and Energy healer. She believes that at all ages, yogis (people who practice yoga) benefit from finding peace in a yoga practice, and then taking that peace back into life.



Paul Shansky—Tai Chi Instructor

Paul, Associate Instructor for New Jersey Tai Chi, has been certified by Master Clear in Tai Chi, Push Hands, Fa Kung Healing and Qigong. Paul has a long history of training in numerous martial disciplines. Paul began with the external hard style of IShinryu Karate (2nd degree black belt) and has transitioned to internal martial arts for both health and martial applications.



Luli Venosta—Arthritis, Balance and Fall Prevention

Luli is native of Argentina, where Latin music captured her heart. She came to the United States in 2010. She is now a Zumba® Education Specialist (ZES™), AFAA Group Exercise Instructor, NASM Sports Nutrition Coach and ACE Health Coach, Personal Trainer and Senior Fitness Instructor.