

# Dinwiddie County Parks & Recreation Instructor Bio

## Jewell Jones



## Zumba

In 1995 although I was an avid exerciser, I completed certification with AFAA to teach aerobics at the Athletic Connection. In 1996 I was hired as a fitness instructor at the Southside VA YMCA. Four years later I was hired to teach aerobics at the Eastside Community Enhancement Center in Dinwiddie, VA. I became Zumba certified in 2008 which is a Latin based dance aerobics activity. I love to motivate and encourage people to reach their goals and feel good while doing so. Silversneakers is another format that I teach which is designed to build strength and endurance as well as balance and coordination within the senior population.

