



**Shani
Minner-Griffin**

Hello! I'm Shani and I love to dance! The first time I tried Zumba® I was hooked. I bet you'll be hooked too! In 2015, I started choreographing my own dance fitness routines as a way to lose weight while having fun and was encouraged when I started seeing results! Most importantly, I wanted to share!!!

In 2017 I became a licensed Zumba Fitness® instructor and an active member of ZIN (Zumba Instructor Network). I also began teaching and absolutely love it!! It's fun, sweaty and challenging. It gets you in shape, releases stress and works the mind.

Zumba has helped me in so many ways I could have never imagined. Along with proper diet and strength training, Zumba helped me drop 50 pounds while gaining a whole new appreciation for life!!

In my class, you are encouraged to dance it out, have fun, and keep moving to the beat. My Motto is to always BELive in YOUrself!!



Monday Night Zumba Class – Fall 2017