

ANNETTE GARDINER

EXPERIENCE ✨

I've been teaching fitness classes for a little over 35 years. Gosh, I started with albums and 45's lined up ready to put on the record player in front of large groups of people 😊. There is still so much to learn!

TEACHING STYLE

Dance has always been part of all my fitness classes. My goal is to make it fun while hiding a workout in the moves. I remind people to do what feels good for their body, we all move differently.



My favorite quote:

“Dance like no one is watching.”

INTERESTS

Almost any type of dance and music (there are a few exceptions). I lived near ski resorts out West for 25 years and fell in love with skiing, we still go back once or twice a year. Traveling locally and overseas, hiking, snow shoeing, biking, and reading mainly fiction.