

LISA RUFSHOLM

EXPERIENCE

I just recently became certified to teach general dance fitness classes. Music has always made my heart happy. I tried dance as a young girl, but didn't feel like I "fit" in so dropped out. The 20/20/20 class and Annette really reopened my love of dance and I was shown that it truly is for everyone!

TEACHING STYLE

I am a true music and dance lover, so will have a variety of genres and dance styles. I want this to feel like a dance party and not a work-out. The best workout is one that you will continue to do! It's all about moving and having fun! I will always have options for low and high impact and remind participants to listen to their bodies as we are all at different levels.



My favorite quote:

"Let your fear of regret be stronger than your fear of failure."

INTERESTS

- I am back in the Black River Area Community Band and have played Bflat and Bass Clarinet. I love being active biking, kayaking, walking, snowshoeing and cross country skiing. A good campfire with S'mores or a beach in Mexico will always call my name! I am a lover of dogs, chocolate, sunsets and love supporting and hanging out with our 2 grown daughters who we are so proud of!