

LORI DOLESY

EXPERIENCE

Before starting at the Lunda Community Center I had my own massage business for 12 years. While having my business I received my ISSA, Personal Trainer Certification, that I have had now for 12 years with a focus on Functional Fitness—strength, balance and flexibility.

Five years ago after being certified for the Silver Sneakers program a Silver Sneakers Classic class was started here at the LCC. Being the instructor for this class from its beginning has been the most rewarding.

I've been certified 6 yrs in Indoor Cycling, from teaching classes to now subbing. Also I am a Wellness Coach for the Life Program.



My favorite quote:

“You do you”

INTERESTS

Most importantly spending time with my family. I also enjoy walking, reading and quilting.