Traci Lundell

My name is Traci Lundell, I just moved here in June from Elmhurst, Illinois last year. I worked at Chicago Metro YMCA for two years, teaching Zumba, Aqua Zumba and family Zumba for all ages. I am currently working at Westlake Recreational Center teaching Zumba Gold for active older adults. I also teach Zumba at Avon Oaks Country Club. I have my Group Exercise Instructor Certification from Aerobics and Fitness Association of America. I am licensed to teach Zumba, Zumba Gold, Aqua Zumba, Zumba Kids and Zumba Step. I am certified by The American Red Cross in First Aid, CPR and AED.

CERTIFICATIONS:

SilverSneakers Zumba Gold

See Front Desk For This Month's Group Fitness Schedule!

recreation@north-olmsted.com 26000 Lorain Road 440.734.8200

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