

# Dani

Dani has been a group fitness instructor for 6 years. She loves the energy and community feeling that only a group fitness class can bring! Dani teaches several formats- High Fitness, High Low, Yo, UpBeat Pilates, UpBeat Barre, UpBeat Lift, and Silver Sneakers. She is also a Certified Nutrition Coach and CPR-AED certified.

When she's not teaching, she loves being with her husband, sons and pups!



**SILVER**  
**SNEAKERS**

Thursdays @  
11:30am