

# MEET OUR Group Fitness INSTRUCTORS

Dione is from Brazil and lives with her husband and three boys in West Point, Utah. She started her fitness career nine years ago in Hawaii where she was cycling and group exercise instructor. Currently she is a junior at Weber State University and her major is in Health Promotion. She loves to exercise, eat healthily, and help others with their fitness goals. She believes that a healthy life is the foundation for a happy life.



**DIONE**



**SHERILYN**

Sherilyn has been an Internationally Certified Group Fitness Instructor and Personal trainer for over 14 years. She started her Fitness Career in Okinawa, Japan and realized SHE LOVES TO TEACH! She has taught a variety of classes throughout her career including Group Personal training, PIYO, CIZE, Zumba, Step, Strength Training, Bootcamp, Kids camp, Spin, and more! She has also taught a very broad range of participants and does everything she can to make fitness FUN for all. Sherilyn enjoys watching people become healthy and her motto is "Love yourself enough to take care of YOU!"