

Aira – I consider the Milpitas Sports Center staff and members my second family! I've enjoyed teaching in this wonderful facility for more than 25 years and continue to love doing it! Throughout these years, I've met many life-long friends—people who care about each other and treat everyone with respect.

My exercise philosophy is, "have fun and be healthy", which I keep in mind when teaching my Fit for Life and Sweat and Sculpt Classes. I make sure that everyone is welcome! My routines accommodate all fitness levels, with a good mix of strength and cardio exercises. Aside from years of teaching experience, I also have an Exercise Physiology and Training Certification from Mission College. Since fitness is my passion, I continue to learn every way I can.

Aside from teaching, I've also been a runner, with some marathons and many half-marathons under my belt. I especially love running trails and I make it a point to find good running locations wherever I travel. I truly believe that my running and teaching have saved my life in more ways than one and I'm happy that I can help others to make fitness and health be part of their lives as well!

Asha - For the past 17 years I have been teaching yoga and now it is part of my lifestyle. I tailor my yoga practice for the ages and the fitness levels of the students in class. My yoga training was done under Guru Swami Dev Murtiji in India in 2003. My favorite food is seafood. Another passion of mine is traveling.

Divina – I have been teaching at the Sports Center for 5 years. I teach Zumba Gold. I am passionate and enthusiastic fitness instructor with 8 years of experience. I will step in and make an immediate contribution to Zumba Gold. I can offer Zumba Gold safely, with dedication in making fitness fun and accessible.

Zumba Gold is an excellent low-impact workout. It protects the joints and muscles while raising the heart rate. It helps to improve balance, coordination and posture. It also allows us to go on our own speed that provides a low-impact routine that is easy to follow.

I incorporate the four basic Zumba rhythms of merengue, salsa, cumbia, and reggaeton. I will provide my students an entertaining and effective way of burning calories and learning new dances.

Jean - It took several tries before yoga "clicked" for me and I have been a dedicated yogi for over 11 years. One day a friend asked me to guide her through some sequences and that is when I knew I wanted to teach. Yoga comes to people from a need. Whether it is physical - maintaining flexibility, balance, and strength; emotional - quieting the mind and calming the nervous system or spiritual - opening your heart and receiving joy for well-being, Yoga provides benefits for everyone.

I am 200 hour certified through the Yoga Alliance and have been teaching for the past two years at Milpitas Sports Center, as well as small group and individual sessions. I continue to deepen my knowledge and practice by working on completing 500 hour certification.

When not teaching, I work in marketing for high tech, and, also enjoy getting outdoors in beautiful California on hikes with my dog, Buddy, going to farmers markets and partaking in the wonderful wines produced here.

Malia - I have been teaching fitness for the city of Milpitas Sports Center for 5 years. Watching the progress of all my students has been rewarding and encouraging. It's never too late to get fit. Anyone can have a fit for life body no matter the beginning fitness level. I work with all ages but like to work with the younger crowd in order to teach them how to be prepared for senior life, especially since I am a senior.

I teach Fit for Life. My cardio routine consists of martial art moves and aerobics. I'll increase your overall condition but at the same time teach you basic self-protection moves. It is fun pushing each person to their own cardio limit. Of course, no class is complete without ab, light weights and legs. Somehow, I manage to work it all into my class! Refreshing and for sure fun!

I'm a 7th degree Black Belt in Kajukenbo and a 9th degree Black Belt in Wun Hop Kuen Do. I was the #1 Woman Fighter and #1 Woman in Kata in the USA for 5 years. Still to this day, I train and teach fitness and martial arts to up and coming champions from around the world.

For fun I water ski, snow ski and wind surf and I enjoy the outdoors. Walking and jogging are a way of life for me in my senior years. Nothing like it!

Most people don't know that I love to decorate. It has always been a passion of mine for years. I've had the privilege of redoing and decorating many homes. It's relaxation for me.

Maria – I have been teaching fitness classes at the Sports Center for six years. I have been a Fitness Instructor for ten years.

I am certified in group exercise from the American Council on Exercise (ACE). I also have certification from Xiang Dai Kung Fu, and the International Kajukenbo Self Defense Institute. As for my education, I have a BS in Business Administration from SJSU.

During my free time, I enjoy reading, gardening, running, and I also compete in Kung Fu tournaments. Locally, and also international tournaments. I invite you to come and join one of my exercise classes. I hope to see you soon!

Sheila - I've taught HOT HULA fitness® since May 2019 although I've been a fan and student of this group fitness format for almost 8 years.

I have been a HOT HULA fitness® instructor since 2014.

My husband and I share the same birthday – Two Leos at home can be a challenge as we're head strong and sometimes don't want to back down. Besides working full-time at a high-tech company, my spare time is split between teaching HOT HULA fitness® and building a side business in the alternative wellness field that promotes improved circulation.