We are pleased to introduce the newest member of our Living Well team - Ariana!

She studies philosophy and psychology here at Western. She has been active her whole life, and has fuelled her passion for movement through ski racing & instructing, acrobatics, yoga, competitive dance, and group fitness. She understands how incredible the rush of endorphins feels, and is excited about guiding you toward living a healthier life and experiencing the vitality you deserve.

*Come ‘work it’ with your friends at ChoreograFit & Full Body Blast and feel that energy and confidence boost you crave!*
Tanaz Javan (Meditation)

BIO COMING SOON!

Heidi Liao (Zumba)

I’m Yinyin (Heidi) Liao and Zumba is my passion! I love creating fun and sassy choreography that incorporates all the Zumba dance styles, sometimes with a bit of Hip-hop accent. Come to my class -

*I guarantee you will have tons of fun, enjoy awesome music, and get a great full-body workout!*

Angelica Lucaci (Zumba)

Angelica has been a licensed Zumba instructor since 2011. In addition to being an instructor for Living Well, she continues to teach classes at the YMCA.

She has worked in the Geography department at Western since 2005. She is passionate about healthy living and *strongly encourages the Western community to try the programs that Living Well has to offer.*

Jan Hill (Yoga)

BIO COMING SOON!
Adam Craig (Fitness 4 Beginners; Wellness Coordinator)

Adam is a former mathematics and physical education teacher, having taught in Northern Ontario, Southern Alberta, and PEI. In the past, he has coached semi-professional soccer and was the lead instructor for a Hockey Canada Skills Academy.

He encourages everyone to take frequent movement breaks throughout the day. If you are new to fitness or lack the confidence to participate in some of our other fitness classes, join the Fitness 4 Beginners class where we will go over basic movements, flexibility, balance and strength exercises.