

Employee Health Program

Meet Your Instructors

Meta Mays

Subjects

U-Jam Fitness

Zumba® Fitness

Zumba® Toning

Zumba® Step

Zumba® Sentao

Zumba® Kids

Instructing since 2009

Certifications

AFAA (Aerobic Fitness Association of America)

Hobbies

Traveling

Fitness Dancing

Strength Training