

## Famed Fitness Professional to Instruct at STUDIO Zumba



STUDIO Zumba is proud to welcome National Fitness Hall of Fame member Linda Shelton to their facility on August 30th as she conducts a Zumba Toning workshop.

Shelton, who has trained many celebrities, will work collaboratively in Vandalia with STUDIO Zumba owner Doug Jones, who is one of the few trainers chosen to lead Zumba Toning workshops. Doug and his wife, Joan, co-own STUDIO Zumba and are actually part of the founding team of Zumba--the fitness program which has progressed from a "secret" in Miami, Florida to **Dayton, Ohio** and now is taking Europe and **Asia** by storm.

"Linda has put together Zumba Toning. Zumba Toning has taken Zumba to the next level utilizing an innovative muscle training protocol with the addition of light weight toning sticks or dumbbells."

"People are loving it here at STUDIO Zumba," Jones continues. Referring to her husband Doug, a former **Mr. Dayton and Mr. Ohio, first runner up** "It is an amazing endurance workout too. It is great seeing a former body builder using these Zumba toning sticks and dripping in sweat!"

Dayton has attracted many fitness professionals in a few short years to STUDIO Zumba. Zumba Creator Beto Perez, Fitness Trainer Joy Prouty, Zumba Education Specialists Tony Witt and Tanya Beardsley, as well as lead Zumba trainers from around the world have all flocked to this well-known facility in Vandalia. And now, one of the most well-known Fitness Professionals in the industry will make her way to the Jones' "home away from home."

Linda Shelton's resume speaks for itself. Based on the west coast, Shelton pioneered low impact/light weight training in the mid 80's. She is also a founding member for AFAA and co-wrote Ex Standards and Guidelines, and the AFAA Primary Certification exam.

Currently, Shelton is the Fitness Director for *VIVmag*, a digital, interactive, lifestyle and fitness magazine for women. She was formerly the Fitness Director for all *AMI/Weider Women's Active Lifestyle* magazines for 23 years including *SHAPE*, *Natural Health*, *Fit Pregnancy* and *Living Fit*. She has authored five books, including *Shape Magazine's "The Ultimate Body Book"* (2005), *"The Method Jump Start Journal: 8 Weeks to Wellness"* (2005), and two books with premier personal trainer Keli Roberts : *"Fitness Hollywood"* (1995) and *"Stronger Legs and Lower Body"* (2002).

A founding Advisory Board, Executive Team member and Elite Master Trainer for "Beamfit," Linda also serves as a Fitness Advisor and Consultant to "Switch Fitness," a premiering nationwide express workout franchise for women.