

## Christina Hoffman

Christina is originally from Ohio, and has lived in NC the past 13 years. She received her Bachelor's Degree in Political Science from Ohio State University. After several years in the business/real estate profession, she was ready to finally make the transition to a career in the fitness industry and pursue her love of dance. She grew up dancing from childhood as well as spending several years at a local dance studio. One of her dance instructors was a former Rockette. After college, she continued to take classes in Jazzercise, TaeBo, kickboxing and dance fitness. Currently, she is ACE certified and teaches ZUMBA®, STRONG by Zumba™, R.I.P.E.D. and Dance2Fit at a variety of locations throughout Wilmington, Burgaw and Leland. She strongly believes exercise is one of the best solutions to relieve stress and anxiety in our lives and wants to help others on their wellness path and have fun in the process!

