

Lorrie Gregory

Now retired for 10 years Lorrie has been teaching Zumba for fun and exercise. She is certified to instruct Basic Zumba, Zumba Gold, Aqua Zumba, Zumba Toning and Zumba Kids.

After competing in gymnastics from the age of 12 up through college she became Director of a gymnastic program for over 30 years. She was also a Varsity Head Coach for our High School for 20 years and started both programs in Oswego, Illinois where she lived for 35 years.

Her love for gymnastics was taken over by her love for dance. “The greatest reward in teaching and coaching others is meeting so many nice people over the years and having an opportunity to add something positive to their lives as well as my own—having fun, good health, camaraderie and a challenge to succeed.”

