



SHARON L DIAZ zin zumba instructor network

Sharon Diaz was born to Trinidadian parents in June of 1969. She lives a life focused on health and fitness and is proud to be able to share her experience and skill with the people of Trinidad & Tobago.

A Human Resource Manager by profession (and people person by heart), Sharon has chosen to leave the corporate world in order to pursue her passion for fitness and people. She is the first certified Zumba Instructor/ ZIN in Port of Spain and is proud to say her business has been nothing but a success!

Trained and Certified as a Fitness Trainer and Zumba Instructor, Sharon has committed her life to sharing her knowledge and expertise of fitness with her clients. By adding that 'personal touch' she expresses genuine interest and caring for each and every client who steps in to her class.

She is quoted as saying, "The Zumba experience really makes people feel alive! It's addictive! This has been a dream come true...the start of a real phenomenon in Trinidad & Tobago, and I am proud to say I am a part of it!"



Qualifications

- Certified Fitness Trainer, ISSA, International Sports Sciences Association, ID Number 239408**
- Official Zumba, Zumba Toning & Zumbatomic Instructor, Zumba Instructor Network (ZIN) Member**
- Certified Cardio Pulmonary Resuscitation and First Aid, Trinidad & Tobago Red Cross Society**

Studio Z Ltd.

39 Newbury Hill Extension

Glencoe, POS

Trinidad

Telephone: 868-303-3480

zumbalime@gmail.com

www.zumba.com

ZUMBA in motion...

