



Dwayne Crawford is known for his intense and challenging classes because he makes them fun! He likes to say he “lives to workout, rather than works out to live!”

He has been teaching group exercise for 20 years! Dwayne can also be found teaching at Bally’s Total Fitness, instructing such classes as Step, Core, Power Flex, Kwando, Kick box, Cycle, and his most favorite, Boxing.

Dwayne’s current focus is advancing his teaching skills and living a more health conscious lifestyle, akin to what he tells his students, “Treat your body like a precious temple.”

