



Toya Jervay has dedicated most of her life to motivating and inspiring others to rediscover the amazing, creative, and wonder-filled person inside them. It's no wonder after getting her degree in Psychology; she went on to become a Certified Holistic Life Coach.

With Toya's strong desire to combine the physical fitness element of holistic living and one of her first passions - dance, she discovered ZUMBA Fitness! It was like a match made in heaven and she quickly got certified to be a ZUMBA Instructor. Toya has been teaching Zumba

for just over a year, although her mastery of the format leads all to believe she's been at it for many years! Besides the Boeing Long Beach Fitness Center, Toya can be found teaching at the Carson and Downtown Long Beach 24 Hour Fitness Centers.

Once you've entered Toya's class you'll keep coming back for more. Her world travels contribute greatly to the eclectic music she chooses keeping the class fun and energizing. "Burn calories, get healthy and groove along with me!"