

# Turning a New Leaf

LUISA MAYHEW

**CANFIT Fitness Instructor and Personal Trainer**

**Zumba® Instructor ZT®, ZG®, ZK®, AZ®**

**Certified Yoga Teacher**



Hola! My name is Luisa Mayhew and I was born and raised in Colombia. I grew up surrounded by joyful Latin rhythms, and from a very young age I loved to dance and exercise. I earned my bachelor's degree in Business Administration and after working in the banking industry for a few years, I moved to Canada and continued working in a corporate environment.

After having my second baby, and following my love for fitness and wellness, I decided to change career paths and was able to accommodate both kids and a flexible job in fitness. Since then, I have earned several fitness accreditations through the years such as Fitness Instructor Specialist, Personal Trainer, All Zumba® Specialty Programs, Yoga Teacher (RYT 200), Yoga for Kids, Fitness & Nutrition Expert, Holistic Nutrition for Weight Loss among others. My current jobs include teaching Physical Education to elementary school students, one-on-one classes with autistic children and leading a variety of specialty fitness classes to women, kids, seniors and families in Oakville, Burlington and Mississauga.

My educational philosophy is to teach from the heart, motivate all kinds of learners and help them reach their full potential. My goal is to leave a lasting positive impression and to inspire all of my students.