

# MARCH INSTRUCTOR SPOTLIGHT: MARNIE RAGSDALE



## ADVICE TO PATRONS

“Start slow and set small goals. Drink lots of water and the best thing that motivates me is MUSIC.”

## REWARDING MOMENT

“What inspires me is seeing a student’s sparkle in their eyes when they “get it”. Figuring out a certain move or accomplishing a goal that they were working on. That spark of joy is what it’s all about.”

## MEET MARNIE

Marnie has been in the fitness industry for 21 years. She has taught dance for 19 years which included Jazz, Tap, Ballet and Dance team preparation. She has worked at THPRD for 13 years starting out teaching the children in the dance program. She taught a cardio format “UJAM Fitness” for 2 years at Cedar Hills. She began teaching Aqua Fitness at Conestoga in 2018. Marnie’s fitness journey started with dancing at age 14. From there, in 1983 Marnie made the 1st Trailblazer Dance Team, dancing at halftime and time outs. She then danced professionally for a dance troupe called “Dazzle” performing at fashion shows, charity events, and conventions throughout the PNW. In 2007, she was diagnosed with Fibromyalgia, but with the right types of medication, acupuncture, diet, physical activity and rest Marnie is living her dreams. She loves gardening, dancing, camping and outdoor fun with her family and her cat, Setzer.

## SPECIALTIES AND FACILITIES

### Certifications:

UJAM Fitness  
GROOV3  
AEA  
WERQ Fitness

### Train with Marnie:

Aquatic Center (Dig Deep F at 9:30AM)  
Conestoga (Dig Deep W at 9AM)  
Harman Swim Center (Aqua Jam T/Th at 9AM  
& Cardio Core at 9AM / Flex & Stretch at  
10:15AM on M)