



Silvina Holzman

Silvina Holzman moved from Argentina in 2004. She has a degree in Physical Education and is certified as a Fitness, Zumba, Zumba Gold, Total Barre, and PACE (People with Arthritis Can Exercise) instructor. She enjoys helping adults and seniors getting in shape, moving to different music styles like salsa, merengue and belly dance among others.

Silvina delivers classes at the City of Winnipeg, Community Centres, Louis Riel School Division, and the Rady JCC.