



Suni Matthews

Suni is a Manitoba Fitness Council Resistance Training Certified Fitness Leader

She has attended & completed Course work in "Active Older Adult" and attended & completed "PACE Arthritic Exercise Program"

(V.O.N) S.M.A.R.T Volunteer Instructor 2012-present

Certified Zumba Instructor Basic Level 1

Suni is dedicated to physical activity & aging gracefully. Her passion is to motivate, inspire, encourage and to work with as many older adults and newcomers to exercise.