

# Guest Instructor

**Julz  
Arney**

**Wednesday,  
August 25<sup>th</sup>  
Nautilus West**

**5:45 Hot Bod Dance Squad**

**6:45 Delicious Yogahh...**

California based Juliane "Julz" Arney, is a dance-fitness expert, choreographing over a dozen DVD programs for the consumer and instructor and creating premier class formats for global club chains like CRUNCH and 24 Hour Fitness. As the Lead Master Trainer for Schwinn® Cycling, Julz draws on her background in competitive athletics, and she rounds out her 20 years in the industry as an author, marketing consultant, and committed student of Yoga. She is ACE and AFAA certified.