



## Kim Shiery's Zumba classes a hit in Albion, Concord and Homer

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Kim Shiery (front) leads a Zumba class that meets at Harrington Elementary in Albion at 6:30 p.m. Wednesdays

Seeing children, parents and even grandparents dance their way to health is the most rewarding perk of Kim Shiery's Zumba instructor job. Shiery has helped bring the Latin-inspired dance-fitness craze to the small communities of Albion, Concord and Homer. "The classes have been so well-attended and people really appreciated not having to travel a long distance to exercise," Shiery said. A Children's Program Coordinator with the Community Action Agency Head Start and Early Head Start Program, Shiery has seen the impact that childhood obesity can have on families. Teaching Zumba is a way for her to help people address their fitness needs.

She's not alone in that effort, local governments are stepping to the plate to help their community members meet their fitness goals. "You know in an economy like this, people struggle to pay for exercise, so these communities have sought out grants to provide these Zumba classes to people free of charge," Shiery said. Last fall, the Homer Area Chamber of Commerce received a grant from the Community Foundation Alliance of Calhoun County to provide Zumba free of charge for anyone who attends the class. The classes were so well-received that Homer sought another grant for the CFACC to pay for the classes. Albion also sought grants to pay for the classes for their residents, including the Healthy Youth/Healthy Senior grant from the Community Foundation Alliance.



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Mahtina Rubritius, (left) of Jackson, smiles through her Zumba class at Harrington Elementary in Albion.

Concord Schools is focusing on the issue of childhood obesity and bringing Zumba to the community falls in line with the initiatives they are taking in the schools to help combat the obesity epidemic. "The classes have been very well-attended," Sheiry said. "In fact, the largest class was 84 children and adults in Homer."

Though she missed over the holidays, Lisa Cunkle, 44, said the Homer class keeps her coming back for more. "I just love the energy I have when I'm done," Cunkle said. "It really makes me feel like I've accomplished something and because you can go for free; I've invited friends and family to try it. I've turned a lot of people on to it since I started going." For Concord resident Brigitte Goble, 46, the class has given her a new way to approach her fitness goals. Not big into exercise, Goble said she likes the fun that Zumba brings to fitness. "I just love it," she said. "And Kim (Sherry) is very welcoming, when you first start you feel a little silly, but she really helps you get the moves. It's just great."

Sheiry is currently teaching classes at 6:30 p.m. at Harrington Elementary School, 100 S. Clark St., Albion; the Big 9 Sportsman's Club, 12000 Folks Road, Concord; and a new series of classes at Homer High School, 403 S. Hillsdale St., starting on March 26.

For more information, call 524-6398 or visit [zumba.com](http://zumba.com). *Looking for a Zumba class closer to Jackson? **Click here.***

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