



DEBBIE RAFFERTY

GROUP FITNESS INSTRUCTOR

Debbie Rafferty's love for exercise began at the age of 13, when she decided she no longer wanted to be "the fat kid." She created her own workout routine, lost 40 pounds, and made fitness a lifelong commitment. Her passion for movement continued through varsity sports in high school and later as coach of the girls' varsity tennis team at her alma mater.

When Zumba® arrived on the scene 25 years ago, Debbie was immediately drawn to it through her love of music and dance. What began as taking a class soon became a new professional path, leading her to transition from Learning Specialist to fitness instructor.

Debbie has now completed her 15th year teaching a variety of fitness classes, beginning with her very first class at Kingsbury Club in June 2011. Exercise has always been, and continues to be, an essential part of her life—not only for its physical benefits, but for the emotional strength and joy it brings as well.

EDUCATION & CERTIFICATIONS

Education & Experience

M.Ed., B.S. Special Education

Certifications

AFAA Group Exercise

AAI/ISMA Aquatics

Zumba®

Zumba Gold®

Zumba Toning®

Zumba Gold Toning®

Aqua Zumba®

