

**LaWanda “The Fitness Diva” Brokenborough**  
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**Group fitness & dance instructor, choreographer, marathoner, and wellness coach LaWanda “The Fitness Diva” Brokenborough AKA- The Kang “Guru” is a native of Atlanta Georgia.**

The health of women and young girls is her passion. As a recovering sugar addict who has weighed as much as 216 lbs., she totally understands the struggles of maintaining a healthy weight and relearning how to eat.

After working in hospitality for 8 years and being overweight, overworked, & underpaid, she decided to jump head first into an industry that she knew nothing about- group fitness.

She quickly discovered that she was very good at teaching group fitness classes and loved it. Today, **she has taught over 14,000 group fitness & dance classes** in various formats such as Zumba, step, kickboxing, yoga, Pilates, water aerobics, boot camp, salsa dance, and much more.

In 2007, she founded her own mobile fitness & dance company, **Aerobics Delivered**. After many years of teaching as many as 9 classes in a day, her knees started to weaken and hinder her ability to teach. However, she got lucky and was introduced to Kangoo Jumps® rebound shoes and fitness programs.

**Kangoo Jumps® rebound shoes allow users to jump while absorbing up to 80% of impact and burn up to 20% more calories.** When she learned that she could resume jumping and running without pain, she was hooked.

She became the first person in Atlanta to get licensed as a Kangoo Power instructor and she founded **Kangoo Club Atlanta** - another mobile fitness company.

Kangoo Club Atlanta is Georgia’s authorized distributor of Kangoo Jumps rebound shoes and they offer Kangoo Jumps fitness classes throughout Metro Atlanta.

She notes that one of the greatest benefits of being a fitness instructor is watching people regain their health without drugs and watching their bodies transform.

She is also the leader of the **Lithonia chapter of Xperience Connections** - a women’s networking organization in Metro Atlanta

In her spare time, she enjoys salsa dancing, live music, karaoke, and long distance running and football.