



## **Donna Rovere**

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My professional career spanned 20+ years in the publishing field; managing a weekly community newspaper, The Two River Times. My role not only encompassed the business aspect of publishing, but being involved in the local communities. I had the honor of serving on Executive Boards with The Juvenile Diabetes Research Foundation, as well as The Red Bank Visitors Center. Serving these organizations was an amazing experience.

My personal bio is what brings me to today. Fitness and health have always been a lifelong foundation in my lifestyle. I am living proof that understanding the connection between movement, and the artful expression of ourselves, balances your life. Building upon my early background in dance and fitness, I completed certifications in Personal Training, BodyArt® and Yoga Alliance®. Combining these skills, I became Director of Operations for Tilton Fitness. In 2020, the untimely closing of my employer lead me back to my own Yoga practice.

I am a passionate teacher with professional experience in designing and leading yoga/fitness classes. I have taught classes in different modalities; i.e., weight training, aerobic fitness, Pilates® mat and Yoga. I have an in-depth knowledge of anatomy, postures, and breathing techniques, along with the spiritual elements of Yoga. I am eager to share my expertise and passion at The Ocean County Artists Guild.

