



Universal Moms

Meet Chanell and Katherine

THE UNIVERSAL MOMS

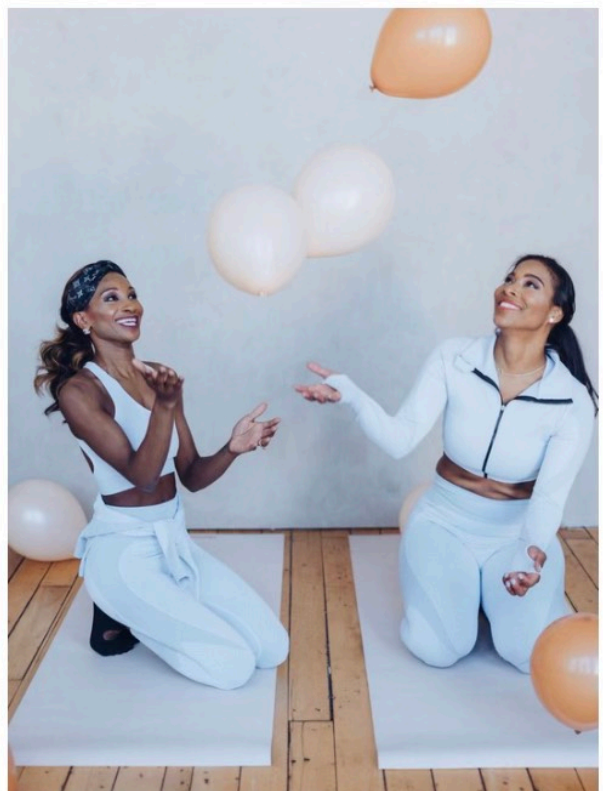
BIO

Besides being wives, entrepreneurs and mothers of 7 children combined, Chanell and Katherine have amazing qualifications which allows them to bring unique classes to their families and clients.

Chanell is a former UConn track athlete, professional dancer, certified preschool teacher and actress. Chanell's training began in 1996 with the Batoto Yetu, Dance Company (which is Swahili for "Our Children") where she travelled the world and danced for audiences in Portugal, Africa, and Hong Kong. She also showcased her talent with the great Jacob's Pillow, lauded as the hub and mecca for creative dance.

Katherine on the other hand is a Pana-American dancer and choreographer. She began dancing at the age of 6 for her school dance team where she quickly became the lead dancer. In early 2000 she launched her own Dance crew who performed on national Television Show "Estilos" in Panama City and won many dance competitions. Katherine is also a former athlete and a Spanish Tutor who graduated with a bachelors in Bilingual Studies.

Merge their talents, together they have created The Universal Moms, where they offer a variety of classes. These classes they teach in various locations which include Pelham, Bronxville, Rye and Mount Vernon, NY.



What We Do:

Chanell and Kathy designed a fitness training course to get kids active and establish a lifelong commitment to health and fitness. The program combines cardio and strength training in one session. Bootcamp will constantly challenge them by offering consistent and positive motivational support.

The benefits of our program:

- increase in personal self-esteem & confidence
- increased concentration & energy levels in school
- Decreased stress and anxiety levels associated with peer pressure, school, work & family living environments
- Develop better and more “restful” sleep patterns over time