

Carla Peralta



Carla is originally from Callao Peru, former classic ballet and ballroom dancer she troupe with the Peruvian National Ballet company, then she gets married and becomes an aerobics instructor studying with the "father of aerobics", Dr.Kenneth Cooper ,,she founds a gym "Canadiana LeSpa", with two partners based on the principals of the aerobic exercise that Dr.K. Cooper designed for the Royal Canadian Air Force.

She has been in the fitness industry more than 30 years now with many disciplines certifications under her belt; fitness is her life and dancing her passion, she will work with you every step of the way to teach and challenge you to become your best.

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