

**Roger Puckett**, 79, is from Texas. BFA, TCU, Fort Worth, Tx. He is a veteran Broadway Show dancer, a member of NYC Chapter, Dancers Over 40, (DO40), and was a dancer at the Metropolitan Opera. Roger has been the owner of Triton Gallery, Broadway Show Poster Shop for 50 years. He is a certified Nia Dance White & Blue Belt Instructor, currently teaching at Body Strength Fitness, Council House, 72nd St. (Teaches Nia 52 Wise Moves) McBurney YMCA and JCC Nia Jams. He teaches Jazz-Ballet at Body Strength Fitness, is a certified GROOVE Movement Instructor, at Stanley Isaacs Senior Center. He is a certified Zumba Basic & Zumba Gold Instructor at NORC. Also an instructor for the Arthritis Exercise classes at Stanley Isaacs Senior Center. He is an expert in free weight training for Seniors, having trained with Paul Frediani at Equinox, Thomas Jakob and Michael Olajide, fitness experts at X-Fit. Roger is CPR Certified. He is married to Fitness Instructor Yvonne Puckett and is the father of Serena (Nia Instructor) & Matthew Puckett (composer, songwriter) Roger is the proud grandfather of his 3 grandchildren, David James, Molly Moon and Jack Star.