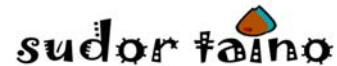




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Sudor Taino is a small business founded by Karla Rodriguez based upon her need to motivate and bless people with her remarkable passionate, Latin energy. Karla has over sixteen years of experience within the fitness field. This has created a profound dedication to the incorporation of a true mind, body and spirit connection.

The name Sudor Taino: The word Sudor is Spanish for sweat. The word Taino on its own means "noble" and refers specifically to the Taino Indians who are responsible for the labor intensive cultivation of Puerto Rico. Together, the words Sudor Taino signify a struggle. In 2008, it is a struggle for people to love their bodies, to stay motivated to work out, and to adapt to healthy lifestyles. Sudor Taino wants to change that mindset.

The mission of Sudor Taino is to continue to motivate, inspire, touch and rejuvenate people of all ages and fitness levels; whether it is through a fitness class, a dance workshop, exercise conference, video, or lecture. The goal is for each individual to have a life changing experience.

Karla's specialties range from Corporate team building, Customized events to meet clients/members needs, Dance workshops (salsa, meringue, club music, reggaeton, hip hop, free dance, trance, and acoustic music), Defensive & tactical fitness training, Drills Coordinator/Drills Class, Fitness classes/conferences with specialties in kickboxing, hard core pilates, sculpting exercises & weights or combination, instructor trainings (how to put together a killer workout, keys to becoming an "A" instructor, and how to refresh your workouts), Keynote speaker, Kid Workshops, Life Coach, Meditation and relaxation exercise workouts, Motivational speaker, Some Private Sessions,

Small Group gatherings/parties, Stress reducing conferences, Trademarked inspirational fitness apparel available at events and Video choreography and/or video floor director.

For more information about Sudor Taino, please visit www.sudortaino.com or to schedule an event or submit a question, email sudortaino@live.com. REMEMBER TO: FEEL THE SWEAT AND OWN THE ENERGY!