

DEIRDRE MUMPOWER

I currently teach RIP, Core, Yoga, and Silver Sneakers and am a certified Personal Trainer (AFAA) and Group Fitness Instructor (AFAA). I have completed training in kickboxing, indoor cycling, Healthways Silver Sneakers and Senior Yoga.



I have been involved in sports and fitness since she I was a girl. I've always been passionate about fitness, and I love teaching so instructing at LKN is my dream job.

I was born and raised in Charlotte and graduated from Northside Christian Academy. I then attended King University in Bristol, TN where I had a short and uneventful career in volleyball and cross country. However, I did receive a B.A. in English Literature and met the love of my life, Adam, whom I married in 2000.

I taught middle school Language Arts at SouthLake Christian until the birth of her first child in 2005. Adam and I have three children, Brock, 9, Macie, 7, and Jack, 3.

When I'm not at LKN, you can find me spending time with my family, running, or at church (where my husband is a pastor). I also work part time for my church and am a distributor for a whole foods company.

