



About Suzy Stone Hip Hop Kidz® Founder and Creative Director

Credited with being the “originator of Hip Hop for children,” Suzy Stone’s epiphany came in the form of dancing little kids. “I was teaching a cardio-funk class in a fitness club where there was a glass partition between the aerobics room and the

nursery,” recalls the former National Aerobics champion. “I noticed that these little kids could hear the music through the partition and were bopping along—Saturday after Saturday they were learning the

routine through the glass.” That gave her the idea to start a program for children, and 21 years later, Stone’s Hip Hop Kidz has over 500 students in 15 locations in two states. Although many programs have tried to imitate Stone’s original idea, this one-of-a-kind program has never been duplicated. That’s why she was selected by the South Florida Business Journal as one of the finalists for the 2003 Businesswoman of the Year Awards.

Before creating Hip Hop Kidz®, Stone was a leader in the fitness industry for many years. After receiving a Bachelor of Science degree in Physical Education and a Master’s degree in Exercise Physiology, Suzy quickly became one of the most respected aerobics instructors nationwide. She then went on to win a gold medal in the U.S. National Aerobic Championship. Her credentials include certifications with both the American Council on Exercise (ACE) and the Aerobics and Fitness Association of America (AFAA). As a continuing education provider for the International Dance and Exercise Association (IDEA), Suzy has traveled to more than 20 countries training thousands of fitness professionals worldwide. She has also choreographed and starred in numerous aerobic videos and television commercials.

Being one of the most well-known and respected professionals in the fitness industry today, Suzy has earned the respect of children, parents and community leaders alike for her unique ability to communicate the positive message of health and fitness for kids. With her infectious energy and creativity, she continues to inspire children of all ages, including her teenage son Taylor, a major Hip Hop Kidz® fan.

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