



Rosa Hunter
Active with The Helm since 2015

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Rosa Hunter, a Detroit native and current Harper Woods resident, is an essential part of The Helm community. She attended Chadsey High School, earned her undergraduate degree at Michigan State University and went to Wayne State University for graduate studies.

After teaching elementary school more than 30 years, Rosa serves as a fitness instructor at The Helm. She leads several classes and incorporates as many different types of exercise – stretching, cardio, weight training, tai chi and yoga – as she can in her classes. She even adds sign language, foreign words and phrases and singing to her classes to keep body and mind active and involved!

Rosa truly enjoys her time at The Helm. “I like the students. They’re all very nice and compassionate. Both the staff and members care. I really admire all the different activities available to the community.”

Rosa tries to embody what she teaches by leading a healthful lifestyle. In addition to exercising, she enjoys traveling and reading and spending time with her family, including her sons and mother.

COVID-19 and the subsequent quarantine produced one of the biggest changes Rosa’s seen in her lifetime. “Not being able to do normal things was very different, but it didn’t stop me. It just showed me a new way of talking to people and exercising, which was virtually.”

Rosa’s advice for younger people is to never give up, and to stay active and healthy. “Keep God in first place and you’ll lead a good life.”