



Tara M. Cuff

Tara M. Cuff started dancing at the early age of eight. At 13 years old, she auditioned and was accepted to Creative and Performing Arts High School, where she received an award for 3 years in a row as the most improved dancer. Upon completion of High School, she went into the United States Navy for 4 years becoming disciplined both physically and mentally. After she completed her term there, being honorably discharged, she joined the Philadelphia Police Department for eight years. During this time, she gave her life to the Lord in 1996 and became a member of Freedom Christian Bible Fellowship.

In 1997, she joined Selah Dance Ministry, learning what her true purpose was. In 1998, she received her certification in becoming a Certified Personal Fitness Trainer through the Aerobics Fitness American Association. In 1999, she joined another Dance Ministry, All About Praise, which focused more on the hip-hop and urban dancing style. In 2011, God promoted Tara as the Fine Arts Director at FCBF. In 2011, she became a Certified Zumba Instructor. In 2020, Tara was certified in becoming a Yoga Instructor and now teaches many Zumba and Yoga classes weekly.

In Tara's private life, she's faced some challenges. Tara's daughter, Trava died in 2008 at the age of eleven. Tara and her husband Dwayne created Dolphin 11, a foundation in memory of Trava, giving children the opportunity to learn how to swim. Tara is married to a wonderful man of God for 14 years and has one son and 2 stepdaughters.