

## Amy

In Amy lifetime, she has been involved in all kinds of sports and work out routines. Basketball, Volleyball, Softball, Body Sculpting, Boxing, Zumba, and then found Yoga. Playing softball, she developed arthritis in my left knee. She found in yoga that she could modify poses to suit my body and in time, gaining both strength and flexibility in her knee and throughout the rest of her body as well. Also, being a high energy personality, she found the meditation and mental release in yoga something she could blend into her everyday life. Amy has been teaching yoga for over a year, she is also certified in Silver Sneakers Yoga. Movement through yoga at any age can be so beneficial. She hopes to encourage all ages to bring a yoga practice of some kind into their life.



## Claudia

Claudia began practicing yoga with Lili's Yoga on PBS as a teenager and found a yoga class in Kent before there were yoga studios. She began to seriously practice yoga again fifteen years ago, and in 2015, she completed Yoga Alliance teacher certification at Puma Yoga in Lakewood. She also teaches yoga with University Hospitals and regularly leads workshops and retreats. She believes yoga is a practice of linking breath with movement to bring body, mind, and spirit into balance.



## Mary

Mary leads Silver Sneakers EnerChi and Tai Chi Easy sessions as well as water fitness classes. Each class combines her enthusiasm and intention to move the body and calm the mind while having fun. She holds certifications from Silver Sneakers, the Institute of Integral Qigong and Tai Chi, and the American Red Cross.



## Mike

Mike a retired high school teacher from St. Edward H.S., leads Tai Chi Easy sessions at Rocky River Rec Center, Gunning Rec. Center in Cleveland and River's Edge Wellness Center in Cleveland. Mike also teaches classes in journaling for personal insight and growth.



## Jessica

Jessica has been a fitness instructor for over 12 years, She went to school for sports and fitness management. She teaches multiple formats from Piyo and bootcamp to Pilates and SilverSneakers. Jessica loves fitness, teaching and helping others reach their goals. When she is not teaching you can find her spending time with her 2 daughters and family. They love to go to the park or just being outside.



## Christy

Christy has been a certified NASM personal trainer and group exercise instructor since 2008. She spent the early part of her career working in Denver, Co, specializing in adult and youth sports training. She is certified to teach strength training to all ages, bootcamp and TRX. In her spare time she enjoys reading and spending time with her family and friends.



## Franci

Franci has been teaching exercise classes for 7 years. Growing up, she was an accomplished athlete in flat water kayaking and fitness has always been a very important part of her life. She lives in Rocky River with her husband and two daughters.

She is teaching the Power Hour class with strength, abs, and cardio components. Why don't you give it a try?



## Joyce

Joyce is a Certified Yoga Instructor with additional hours focused on Chair Yoga. Her practice began nearly 10 years ago and she experienced a great change in her life. Through the power of yoga her physical, mental and emotional well-being substantially improved and continues to do so.

Joyce has been a General Music teacher for 18 years, sharing her love of music with elementary-age students. Recently, she introduced yoga into her school both for teachers and students with positive feedback. In addition, she has been teaching private piano lessons to people of all ages, and have played professionally with a duo called "Going for Baroque".



## Margery

Margery began teaching at the Rec Center in 2009 as a Cycle Instructor. Over time, she began teaching upstairs in the studios as well. She is an avid cyclist and runner and enjoys being outdoors in any season. She also teaches part time at the Rocky River United Methodist Preschool. Margery lives in Rocky River with her husband and four children. Check out the current Fitness schedule to find out times and days of her classes.



## Mo

Enthusiastic style of training including interval, circuit, cardiovascular, strength, coordination and balance

Interests include personal workouts, family including my husband and our 2 Labrador Retrievers, Harley Davidson motor cycle riding, traveling, cooking, and fun in the sun.

My Six Steps to Life

- Pray
- Exercise
- Positive thoughts
- Smile
- Say something nice to someone
- Have some fun



## Rachel

Rachel is a Zumba and Zumba Gold licensed instructor. She has been teaching since August 2017. She is a mom of two college graduates and a senior in high school. When she is not dancing with her Zumba family, she is a dog walker and pet sitter.



## Cindy

Silver Sneakers Instructor certified in Classic, Strength & Conditioning and Boom Move.

I have been a lifetime athlete and gym rat. I have learned and trained with some of the very best. I've experienced almost all types of overuse injuries as I used to push my body to its limit. At 57 years old, I want to be sure that my physical fitness routines mirror the age related concerns we all have and eliminate the pain and discomfort from improper techniques and over use. I've incorporated my decades of training into the Silver Sneakers regimen. My classes are designed around gaining and maintaining muscle strength, range of motion, joint rehabilitation and stability. I practice form first. With that in mind, I promise you will be strong and empowered as you actively engage in your daily lives. Stay active. Be strong.



## Sharon

Sharon is a Certified Group Exercise Instructor (since 2006) through AFAA and NASM and has completed Specialty Certification Advanced Training in Pilates through NETA and AFAA. Sharon enjoys staying current on and continuing education in health, nutrition and fitness trends. She is an avid runner, skier/snowboarder, loves kayaking/paddle boarding and training in the outdoors while appreciating nature with her family.

As a mother of three, Sharon understands the challenge of fitting it all in. She believes fitness needs to be effective, challenging and fun!



## Sam

Sam is a former collegiate athlete who finds passion and joy in achieving goals and pushing the limits on your workout. Sam loves high intensity workouts that will push you more than you can believe. He is certified in boot camp, core and functional fitness, and personal training. He comes to every class with enthusiasm. In his spare time, Sam enjoys traveling and spending time outdoors.



## Stephanie

Stephanie has been a certified AFFA personal trainer and group exercise instructor since 2009. She is certified in many formats (Les Mills Bodypump, Cycling, Silver Sneakers, R.I.P.P.E.D, Piyo, TRX and much more! She In her spare time she enjoys running, traveling and spending time with her friends and family.



## Kristin

Started teaching group Kick boxing in 2008 shortly after son was born.

**Certifications include:** Kick Boxing, Group Power, Group Active, NETA group Exercise, NETA Barre Connect, AFAA Pilates, Barre Intensity, FitTour Spin. Favorite certification is from LesMills Body Pump, "I'm addicted, doing this class 2-3x a day and improved my strength, body tone and overall metabolism."

Along with her family of son, daughter and husband, Kristin is the sole proprietor of a home-based nationwide embroidery and printing company. She does logos on shirts from the east coast to west, all in the comfort of her home. Leisure time to include; Skiing, biking, completed numerous road rases and ½ marathons, kayaking, stand up paddle boards, boating and sitting in a hot tub.



## Melissa

Melissa Albers is an Ohio-based POUND ICON and the Assistant Director of Fitness & Aquatics at the Cleveland State University Recreation Center. Melissa holds a Master's from the University of Kentucky in Kinesiology and Health Promotion and a Bachelor's from Ohio University in Sport Sciences. Her professional experience includes corporate fitness and wellness, university campus recreation, and background in a variety of group exercise instruction and one-on-one and small group training. When teaching POUND, Melissa aspires to give others the opportunity to let go of their worries, to be themselves, and to not be afraid of what others think.



## Michael

Michael has been a Certified Les Mills BODYPUMP instructor since 2016. Having been an athlete his whole life he enjoys coaching others through these classes or the youth soccer and basketball teams he coaches in Medina. A father of 4 boys, most of his free time is spent with them playing soccer, basketball, golf, and snowboarding. In addition, Michael is a CERTIFIED FINANCIAL PLANNER and an owner/partner of a Wealth Management Business at Baird. He has been providing holistic financial planning for families and businesses since 1999.

Michael lives his life by many mottos and serves others through coaching, motivating, and staying positive. Music and Group Fitness...there's no better way to workout!!!



## Stacey

Stacey has been a Fitness Instructor for 7 years. She first pursued my Zumba Certification. After teaching Zumba for about a year, she expanded to teach other fitness genres. Some of those genres include Hip Hop, Barre, Power Sculpting, POUND, Jump Fit, Bungee Fit, and Hula Hooping.

In addition to teaching fitness, she also enjoy hiking with my family and Yoga.

It brings her much joy to spread the love of fitness, and showing people that fitness can be fun!



## Sharon

As a BodyPump instructor, she's all about proper technique, timing and conditioning. Her energy and passion for moving together as one will get you pushing to your limit whether it's to conquer one more clean and press, one more push-up, or bringing 'the heat' to drop a squat a little lower.

Sharon believes in the importance of a positive attitude and making oneself stronger from the inside out. "Working out is a gift we give ourselves to keep us healthy, centered, and happy so we can tend to others."



## Mallory

Mallory has been teaching cycling for 3 years. Cycling is the only group fitness class she teaches; however, you can always find her in a BodyPump class. Mallory's favorite thing about group fitness is getting the chance to be a part of challenging one's ability; physically, emotionally and mentally.

By day Mallory is a busy, yet passionate, Social Worker. Apart from her day to day work or being busy at the gym, you can find her doing just about anything outdoors, cuddling up with her dog and a book, seeing live music or spending quality time with her husband, family and friends!

