



Fall 2009 Nova Southeastern University's



GROUP EXERCISE INSTRUCTORS

Name: **Lisette Barroso**



Years of Teaching Experience: Started personal training in 1996, got bored and started group fitness 1997. I'm having much more fun.

Classes I Teach: Indoor cycling, Kickboxing, Step, Sculpt - My best and favorite format is Kickboxing.

My education and/or certifications: ACE Personal Training, AFAA Group Fitness, Keiser Indoor Cycling, Kickboxing workshop and cert with Tom Seaborne.

What inspires me most: The thought that I can make a difference in someone's life.

Favorite Quote: "Obstacles are those frightful things you see when you take your eyes off your goal" -Henry Ford

Name: **Nancy Bernreuter**

Years of Teaching Experience: 13 years

Classes I Teach: Spinning, Cardio, Strength, Water, and Fitness for the Disabled

My Education and/or Certifications: Group Exercise Instructor (AFAA), Heartsaver/AED (American Heart Association), USWFA (United States Water Fitness Association), AFAA Water Program, AFAA Mat I & 2 Pilates, Johnny G Spinning, Keiser Spinning, 24 Cycle

What Inspires Me the Most: To have the ability to reach out to people of all fitness levels and motivate them to be the best they can be through health and fitness.

Favorite Quote: There is *always* a mode of exercise for all populations.

Name: **Jillian Bruno**



Years of Teaching Experience: 3

Classes I Teach: Spin

My education and/or certifications: Johnny G Spin Certified, AFAA Primary Group Exercise, American Heart Association CPR/AED

What inspires me most: An energetic class with interactive students.

Favorite Quote(s): "The only person you should ever compete with is yourself. You can't hope for a fairer match." - Todd Ruthman "Fitness - If it came in a bottle, everybody would have a great body." - Cher

Name: **Beth Budnick**



Years of Teaching Experience: 10 years

Classes I Teach: Yoga and gymnastics

My education and/or certifications: BS Physical Education, Certified Yoga Instructor

What inspires me most: Improving the lives of others.

Favorite Quote:

"Allow the mind to follow the breath, allow the body to follow the mind"

Name: **Melissa Boguslawski**



Years of Teaching Experience: New Instructor

Classes I Teach: Sculpt, Step, Kickboxing

Education and/or Certifications: BS in Exercise

Health Science, 2nd year Master of Public Health student, AFAA Primary Group Exercise Certified, American Red Cross CPR/AED Certified

What Inspires Me The Most: My beautiful friends and amazing family, God, knowing that every person in the world has the chance to make a positive impact-we're all here for a reason! And music-it can turn any negative into a positive instantaneously!

Favorite Quote: 1) "My motto was always to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was keep swinging."-Hank Aaron 2) "Strength does not come from physical capacity. It comes from an indomitable will."—Mohandas Gandhi



Name: **Jade Chen**



Years of Teaching Experience: 5 years

Classes I Teach: Step, Pilates, Abs/Sculpt

My education and/or certifications: Group Exercise Instructor Certification (AFAA), Mat 1 Certification (The Pilates Coach-recognized by AFAA), Pilates Mat & Mini Ball (The Pilates Coach-recognized by AFAA), Injury Prevention & Exercise Progressions (AFAA), Heartsaver First Aid and CPR training (American Heart Association)

What inspires me most: Learning and Great Music!

Favorite Quote: "He who laughs last, thinks slow."

Name: **MICHAEL P DAVIS**



Years Teaching Experience: 7

Classes I teach: SPINNING

Education and/or certifications: BACHELOR OF ARTS DEGREE (PURDUE UNIVERSITY), SPINNING CERTIFICATION (MAD DOGG ATHLETICS), PERSONAL TRAINING CERTIFICATIONS (ACE, ISSA), ADVANCE LEVEL PERSONAL TRAINER (IDEA), HEARTSAVER AND CPR TRAINING (AMERICAN HEART ASSOCIATION)

What inspires me Most: LEARNING NEW THINGS AND THEN SHARING THEM OTHERS

Favorite Quote: "CHAMPIONS AREN'T MADE IN THE

GYMS. CHAMPIONS ARE MADE FROM SOMETHING THEY HAVE DEEP INSIDE THEM-A DESIRE, A DREAM, A VISION"

Name: **Barbie DeWitt**



Years of Teaching Experience: 25 years.

Classes I Teach: Body Sculpt

My education and/or certifications: AFFA Group Exercise Certification

What inspires me most: Motivating people in their workouts. Rescuing horses and other animals.

Favorite Quote: "Walk Softly and Carry and Big Stick"

Name: Nicole Englebert



Years of Teaching Experience: 6 years

Classes I Teach: Spin, Abs, Kickboxing

My education and/or certifications: Johnny G Spin & AFAA Group Exercise Certification

What inspires me most: My own interest, seeing the potential to help others, and music

Favorite Quote: "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

Name: Laura Fried

Years of Teaching Experience: 2

Classes I Teach: Mat Pilates, Yoga

My Education and/or Certifications: AFAA certified in Group Exercise, Mat Pilates, Yoga, Mat Science, Mat Pilates and Mini Ball - Pilates Coach.

What Inspires me most: My students and clients - their dedication to the classes inspires me to learn more and grow as an instructor

Favorite Quote: "Sweet are the uses of adversity" - Shakespeare

Name: Jackie Hammelman



Years of Teaching Experience: 4

Classes I Teach: Spinning

My education and/or certifications: I have a Masters in Clinical Psychology currently in pursuit of my Ph.D. in Clinical Psychology. I have previous certifications as a lifeguard, swim instructor, personal trainer, as well as rock wall & vertical wall climbing instructor.

What inspires me most: Overcoming adversity, the resilience of the human mind body and spirit, the compassion of our species, challenging oneself and evolving to levels which one never even considered.

"An eye for an eye will make the whole world blind."

Name: Aracelly Latino



Years of Teaching Experience: 6 years

Classes I Teach: Step, Sculpting, Spin, Yoga, Hip Hop, Core

My education and/or certifications: Master's In Physical Therapy, BS in Exercise Science, AFAA Group Exercise Certification, Johnny G. Spin, Yoga Certification

What inspires me most: The ability to help others obtain their wellness and fitness goals.

Favorite Quote: "Live to give, and choose to be happy"

Name: Andy Levie



Years of Teaching Experience: 3 years

Classes I Teach: Yoga, AquaFit, KickBox, Gliding, Pilates, Abs/Sculpt, Bosu, Step, Hi-Lo, Bootcamp, Pilates,

My education and/or certifications: Group Exercise Instructor Certification (AFAA), Practical Skills & Choreography Certification (AFAA), Registered Yoga Teacher Certification RYT-200 (Yoga Alliance),

Yoga Fit Teacher Certification - Level 1 (YogaFit), Heartsaver CPR/AED Certification (American Heart Association)

What inspires me most: People who challenge themselves enough to create change!

Favorite Quote: "Practice...All is Coming!" Sri. K Pattabhi Jois

Name: Jessica Markow



Years of Teaching Experience: 7 years

Classes I Teach: Zumba, Step, Spin, Circuit Blast, Body Sculpt

My education and/or certifications:

AFFA group Exercise, Johnny G Spin, Zumba Instructor, CPR

What inspires me most: My Dad

Favorite Quote: "This to Shall Pass"



NAME: Anita Mehrotra



YEARS OF TEACHING EXPERIENCE: 2 ½

CLASSES I TEACH: YOGA

EDUCATION and Certifications: Certified Yoga Instructor from Shri Dayal Yoga Prachar Samiti – India. CPR/AED by American Red Cross

WHAT INSPIRES ME MOST: "I get inspired when my Yogis come and express to me how much I have helped them through Yoga in giving a boost to their Brain and Body, along with healing their various ailments,

i.e., stress relief, insomnia, headaches and migraines, etc..."

FAVORITE QUOTE: "Our greatest glory is not in never falling but in rising every time we fall." -Confucius

Name: Greta L. Moncayo

Years of Teaching Experience: 8 years group exercise and 4 years Zumba

Classes I teach: Zumba

My educations and certificates: Zumba, AFAA, CPR/AED

What inspires me most: I am inspired by my Mom, my grandparents, God, my students, everyone at Zumba and Beto Perez, the creator of Zumba. Teaching Zumba means a lot to me and nothing means more than hearing the positive feedback from my students and how Zumba has helped people in many ways.

Favorite Quote: *"You have it easily in your power to increase the sum total of this world's happiness now. How? By giving a few words of sincere appreciation to someone who is lonely or discouraged. Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime."* Dale Carnegie

Name: Raechel McBride



Years of Teaching Experience: 4 years

Classes I Teach: sivananda YOGA

My education and/or certifications: sivananda yoga certification and leslee bender pilates

What inspires me most: everything inspires me. my students, my classes, continuing education, bugs, clouds, music, my dad, myself.

Favorite Quote: *to change one's life 1) start immediately, 2) do it flamboyantly, 3) no exceptions*

Name: **Lourdes A. Perez**



Years of Teaching Experience: 6 years (Adult Technical On-line Instructor with Broward County Schools) 5 years as fitness instructor.

Classes I teach: SPIN, Body Sculpt, Pilates, YOGA, Circuit Blast

My educations and certificates:

Bachelors Degree in Human Resources Management, Johnny G SPIN, AFAA Personal Trainer, AFFA Group Fitness, Pilates certification and ZUMBA

What inspires me most: Watching people succeed in their goals!

Favorite Quote: "Bloom where you are planted"



Name: **Maria Pontillo**



Years of Teaching Experience: 6 years

Classes I teach: Hip Hop Aerobics, SPIN, Body/Power Sculpt, Killer Abs, Step Aerobics, Circuit Blast!

My educations and certificates:

Bachelors Degree in Exercise Science, 2nd year Physical Therapy Doctorate Student, Johnny G SPIN, AFAA Primary Group Exercise, Gravity Training System Certified, AFAA Personal Trainer

What inspires me most: MOTIVATED PEOPLE!

Favorite Quote: "Pain is temporary, quitting is permanent" – Lance Armstrong

Name: **Marcela Sandigo**



Years of Teaching Experience: 3 Years

Classes I Teach: Spinning

My education and/or certifications: Master in Business Administration, Johny G Spin, CPR.

What inspires me most: Good energy!

Favorite Quote:

"Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is." ~Mary Anne Radmacher

Name: **Meagan Steg**



Years of Teaching Experience: New instructor (2 months??)

Classes I teach: Cardiosculpt, Killer Abs, Kickboxing, Adventure Bootcamp

My educations and certifications: Bachelor of Science, 4th year Doctor of Optometry, Primary Group Fitness Instructor Cert, Kickboxing Cert Health professionals CPR Cert

What inspires me most: Exercising outdoors - Mother Nature has a way giving you that energy boost you need!

Favorite Quote: "If you're not living on the edge, you're taking up too much space! "

Name: Jeanne Van Eyk



Years of Teaching Experience 2 years

Classes I Teach:

Hatha Vinyasa Flow Level I and Level II

My education and/or certifications

200 Hour Teacher Training Certification Course from Yoga Center of Deerfield Beach, FL (CYT), Registered Yoga Teacher (RYT) with Yoga Alliance, CPR

Instructor, Graduate Villa Maria College: RN BSN

What inspires me most: Opportunities to learn, to teach and expand awareness and consciousness

Favorite Quote: *"There is no defense against the truth and the truth requires no defense. Awareness is the observant unity of the observer and the observed."*

Name: Natalie Wessel



Years of Teaching Experience: 5 years

Classes I Teach: Vinayasa Yoga, Power Yoga and Aromatherapy Yoga

My education and/or certifications: YogaFit Yoga Teacher Training Levels 1-4, Pre/Post Natal Yoga, Levels 1/2 Integration, Class of 2012 in Nova Southeastern's College of Osteopathic Medicine, BA in International Affairs from George Washington University

What inspires me most: The kindness of other people. Favorite Quote: *"People are often unreasonable, illogical, and self-centered; Forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives; Be kind anyway. --Mother Teresa*

Name: Johanna Yarala



Years of teaching: 2 years

My Education and Certifications: Bachelors in Psychology.

Zumba Basic I, Basic II, Zumba Toning, September 2009: Aqua Zumba and Zumba Kids.

What inspires me most: Jesus, My family, My Friends, and the beautiful people that have touched my life in one way or another.

Favorite Quote: Make this a Positive Day: He says, "keep your thoughts positive because your thoughts become your words....

Keep your words poitive because your words become your behavior...Keep your behavior positive because your behavior

becomes your habits, keep your habits positive because your habits become your values.... Keep your values positive because your values become your destiny." -Gandhi