

# WINTER 2015 NSU RECPLEX GROUP EXERCISE INSTRUCTORS

**Name:** Lisette Barroso



**Years of Teaching Experience:** 13

**Classes I Teach:** Sculpt, Kickbox, Step, Spin, Zumba, Zumba Tone, Aqua

**My education and/or certifications:** National Certifications in: Group Fitness, Kickbox, Indoor Cycling, Aqua, Zumba, Zumba Tone, Club Box, Athlekinetix, Personal Trainer

**What inspires me most:** Inspiring someone else... Making a difference in someone else's life.

**Favorite Quote:** That which does not kill us makes us stronger. - Friedrich Nietzsche

**Name:** Nancy Bernreuter



**Years of Teaching Experience:** 25 years

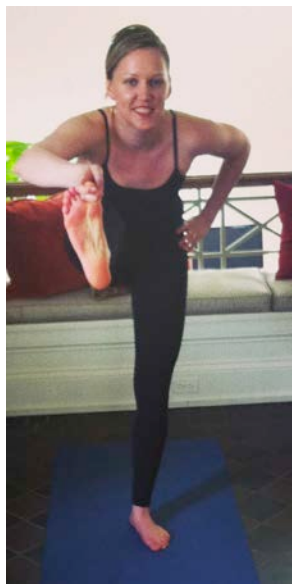
**Classes I Teach:** Spinning, Cardio, Strength, Water, and Fitness for the Disabled

**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:** People who try their hardest.

**Favorite Quote:** Inner strength get you through the challenging times."

**Name:** Paula Clark



**Years of Teaching Experience:** 3

**Classes I Teach:** Yoga Flow

**My education and/or certifications:** I am currently in NSU's Masters of Occupational Therapy program. I got my Hatha Yoga Teacher Training at Chicago's Temple of Kriya Yoga.

**What inspires me most:** how breath pulls you into the present and yoga practice empowers you to do things you never thought possible.

**Favorite Quote:** "Our crown," you said, "has already been bought and paid for. All we have to do," you said, "is wear it."-Toni Morrison

**Name: Jade Chen**



**Years of Teaching Experience:** 7 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: Alex Hall**



**Years of Teaching Experience:** < 1 year

**Classes I Teach:** Move it Monday, Outdoor Fitness

**My education and/or certifications:** ACSM CPT, NSU Undergrad

**What inspires me most:** Successful people that come from nothing

**Favorite Quote:** You can't expect to succeed if you only put in work on days that you feel like it.

**Name: Christopher Garcia**



**Years of Experience:** 3 years

**Certifications:** Bachelors Degree in English and International Studies, Pursuing a Master's degree in Marriage and Family Therapy, CrossFit Level 1 Certified Trainer

**Fitness Style:** Constantly varied, high intensity functional training. Specialty: I emphasize mobility, nutrition, and try to teach/utilize all training styles especially high intensity work, kettlebells, bodyweight/gymnastics work, power lifting and Olympic lifts.

**Personality:** Laid back, encouraging, hard working, sarcastic and philosophical; I choose to lead by example.

**Exercise you have found results from doing:** Hill Sprints, Crossfit, Gymnastics and Powerlifting

**Exercise you have to push yourself to do:** Swimming

**Name: Cristina Gonzalez**



**Years of Teaching Experience:** 1 year and 1/2

**Classes I Teach:** SPINNING

**My education and/or certifications:** Madd Dogg Athletics

**What inspires me most:** Staying healthy to enjoy life

**Favorite Quote:** "Do what you love"

**Name: Marilyn Gordon**



**Years of Teaching Experience:** 10 years.

**Classes I Teach:** YOGA

**My education and/or certifications:** Doctor of Education in Higher Education; Master of Science in Exercise Science/Wellness; Bachelor of Science in Dietetics and Nutrition; Registered Dietitian/Licensed Nutritionist; Board Certified Specialist in Sports Dietetics, Registered Yoga Teacher with Yoga Alliance, 200 hour yoga teacher training with YogaFit and recently completed a 300 hour Holistic and Therapeutic Yoga Teacher Training with the Urban Bliss School of Yoga qualifying for the 500 RYT designation by the Yoga Alliance.

**What inspires me most:** Nature and the outdoors; a challenging Yoga pose

**Favorite Quote:** "Be the change you want to see in the world" -

Mahatma Gandhi



**Name:** Amy McDevitt



**Years of Teaching Experience:** 2 1/2 years teaching Yoga, 3 years teaching Yamuna Body Rolling

**Classes I Teach:** Vinyasa Yoga

**My education and/or certifications:**

200 Hour Yoga Certification, Yoga South (Boca Raton) 2011

Yamuna Body Rolling Certification, Yamuna Studios in NYC 2010

BS Florida State University, Apparel Design

**What inspires me most:** Coming to the mat with an open mind and willingness to do the work.

**Favorite Quote:** "Am I the cure or am I the disease"

**Name:** Minda McQuiston

**Years of Teaching Experience:** 10+ years

**Classes I Teach:** Sculpt, Circuit, Tabata, Yoga, Pilates, TRX, Zumba

**My education and/or certifications:** AFAA Certified Group Exercise Instructor

AFAA Practical Yoga Instructor

Silver Sneakers Instructor

Fitness Instructor Training / Florida Atlantic University, Boca Raton, FL

**What inspires me most:** When I am around someone who inspires me to do better.

**Favorite Quote:** "Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it" – Plato.

**Name:** Adele Mirbey, BA



**Years of Teaching Experience:** No professional experience yet, however I have been teaching friends for 2 years.

**Class I Teach:** Turbo Kick

**My education and/or certifications:** Second-year Dental Student at Nova, Bachelor of Arts in Mathematics, French National Baccalaureate in Scientific General Studies, Turbo Kick/BeachBody Certified/Coach, CPR Certified

**What inspires me most:** Natalie Uhling and Keoni Hudoba, my two Turbo Kick and Drenched instructors in NYC.

**Favorite Quote:** "No Matter What - Sweat Every Day" Under Armour, What's Beautiful Campaign



**Name:** Juliana de Oliveira

**Years of Teaching Experience:** 9 years

**Classes I Teach:** Spin, PiYo, Turbo Kick, Resistance

**My education and/or certifications:** Master in Education (not sure if you want that since it's not related to fitness). AFAA, Turbo Kick, PiYo certified instructor

**What inspires me most:** People who strive to be their best selves each day. People who run after their dreams.

**Favorite Quote:** Believe in the power of your dreams.

**Name: Lourdes A. Perez**



**Years of Teaching Experience:** 7 years

**Classes she teaches:** SPIN, Body Sculpt, BOSU Pump, Pilates, YOGA, Circuit Blast, Stretch and Strengthen

**5 years as a NSU Personal Trainer** (NSU Biggest Loser/ *Slimming Sharks* Trainer for 4 years)

**Education and Certifications:**

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

**What inspires me most:** Watching people exceed their health/wellness and fitness goals!

**Favorite Quote:** *"Bloom where you are planted" Mary Englebright*

**Name: Maria Pontillo**



**Years of Teaching Experience:** 12 years

**Classes I teach:** Hip Hop Aerobics, SPIN, Body/Power Sculpt, Killer Abs, Step Aerobics, Circuit Blast, Relax and Rollcovery

**My educations and certificates:**

Doctor of Physical Therapy, Bachelors Degree in Exercise Science, Johnny G SPIN, AFAA Primary Group Exercise, Gravity Training System Certified

**What inspires me most:** The drive and energy of others who are passionate towards a goal.

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

**Name: Patricia Robirosa**



**Years of Teaching Experience:** 12 years

**My education and/or certifications:** Certified 2000 hours in Buenos Aires at the Atrica Instituto de Ensenanza (Yoga professor), Hot Vinyasa teacher training and hot yoga training with Jimmy Barkan, Reiki level I and level II certified.

**Inspires me most:** Yoga and teaching from the heart

**Favorite quote:** *"The past doesn't exist, the present is a gift and the future is unknown."*

**Name: Marcela Sandigo**



**Years of Teaching Experience:** 9 Years

**Classes I Teach:** Spinning, Tabata

**My education and/or certifications:** Masters in Business Administration, Johnny G Spin, ACSM Personal Trainer, AFAA Primary Group Exercise, CPR, AED.

**What inspires me most:** Good energy and Good Energy!

**Favorite Quote:**

"If it doesn't challenge you, it doesn't change you"

**Name: Anita Taylor**



**Years of Teaching Experience:** 1.5 years

**Classes I Teach:** ZUMBA

**My Education and/or Certifications:** Zumba Fitness LLC

**What Inspires Me Most:** Music; My health and the health of my students; Making sure my students and I are as beautiful and sexy on the outside as we are on the inside!

**Favorite Quote:** "True confidence leaves no room for jealousy. When you know you are great, you have no need to hate."  
-- Nicki Minaj

**Name: Valerie Valenti**



**Years of Teaching Experience:** 4 months

**Classes I Teach:** Yoga

**My education and/or certifications:** 200-Hour Yoga RYT; Bachelor of Science in Marketing, Minor in Management

**What inspires me most:** The positive physical and mental change that comes from moving your body in a way that you love.

**Favorite Quote:** "Keep Calm and Carry On"