

Instructor Bios



Amy has been involved in all kinds of sports and work out routines. 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 began practicing yoga with Liliya 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 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.



Mary is a Cleveland-based yoga teacher with a focus on the brain-body connection. She completed her 200-hour teacher training at Yoga Vida in New York City. Mary's goal is to make yoga accessible for all ages & levels and to have her students carry the positive impacts of the practice off the mat and into their everyday lives.

Mary's passion lies in sharing the power of movement and the breath with those who may not typically find themselves in a yoga studio - including children, athletes, seniors and those impacted by traumatic brain injury.



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!



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 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?



Stacey has been a Fitness Instructor for 7 years. 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 enjoys 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!



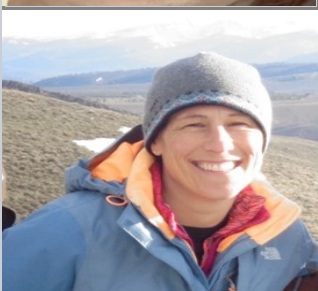
Mo has an enthusiastic style of training including interval, circuit, cardiovascular, strength, coordination and balance.

My Six Steps to Life

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



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.



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.



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

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.



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 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.

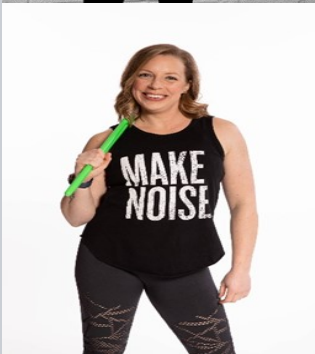


Stephanie has been a certified AFFA personal trainer and group exercise instructor since 2009. She is certified in many formats (Les Mills Bodypump, Cycling, Silver Sneakers, R.I.P.P.E.D, Piyo, TRX and much more! She In her spare time she enjoys running, traveling and spending time with her friends and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



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



Melissa 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 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.

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!!!
