

IDEA WORLD FITNESS CONVENTION™ Faculty Bios

Karen Joy Allen is a group fitness instructor and inventor of her own fitness product, The Fitstix™. She has been a personal trainer and group fitness instructor for more than 10 years. Karen is very passionate about helping children in the U.S. get fit and healthy, and is a participant in the Alliance for a Healthier Generation program. Certification: ACE, AFAA

Biray Alsac, MS, is the production director for FITTmaxx, a web-based company promoting physical activity. She holds a master's degree in exercise and wellness and is a faculty member at Mesa Community College. Certification: ACE

Diane Ambrosini, MA, is director of Yoga Club in East San Diego County. She co-authored *Instructing Hatha Yoga* and has presented yoga workshops nationally and internationally. She blends her educational background in biomechanics with the wisdom and insights of traditional yoga philosophy in her teaching of yoga, fitness and hands-on yoga teacher training programs.

Kari Anderson is the owner of ProRobics Conditioning Clubs and Gold's Gyms in Seattle, Washington. She has produced and starred in over 20 award-winning workout videos and has been an international presenter for two decades. Kari is the 1993 IDEA Business Person of the Year, the 1994 IDEA Instructor of the Year and the 2003 ACE Fitness Director of the Year. She holds a bachelor's degree in exercise science.

Nicki Anderson has owned and operated Reality Fitness Personal Training Studio since 1992. She is the author of numerous books and articles and speaks all over the country teaching trainers about the business of personal training. Certifications: AFAA, NASM

Elizabeth Applegate, PhD, is a nationally-renowned expert on nutrition and fitness and is a faculty member in the nutrition department at the University of California, Davis. She is the author of several books including, *Nutrition Basics for Better Health & Performance*, *Bounce Your Body Beautiful*, *Encyclopedia of Sports and Fitness Nutrition*, and *Eat Smart Play Hard*. Dr. Applegate serves as a nutrition consultant for several professional athletes, including the Oakland Raiders.

Juliane "Julz" Arney specializes in simple systems that produce great moments in group exercise. She is a dance-fitness expert, a lead master trainer for Schwinn® indoor cycling program, an author, a business consultant, the star and creator of multiple video productions and a committed student of yoga. Certifications: ACE, AFAA

Yoav Avidar is the recipient of Israel's 2001 Instructor of the Year 2001 award. He is a Nike elite trainer and co-owner of "B. Education", Israel's leading fitness and dance certification institution. His professional skills, creativity, dynamism and charisma have made him a popular presenter in more than 15 countries around the globe.

Don Bahneman, MS, is the fitness and spa director of John's Island Club in Vero Beach, Florida. Primarily working with special populations and postrehabilitation, Don has enjoyed success with professional and amateur athlete performance enhancement.

Cecile LeMoine Bankston is a former professional dancer and has worked in the wellness and rehabilitative setting for over 17 years. Currently, she presents workshops, certification courses and master classes for West Coast Pilates. Cecile has worked with countless professional dancers and athletes and her workouts have appeared in *Women's Health* and *Dance Spirit* magazines.

Tanya Beardley is the co-host of the 2008 Zumba® video series as well as a presenter and international education specialist for Zumba Fitness. Her experience as a competitive ballroom dancer, combined with her fitness background, has everyone dancing! Tanya is a continuing education provider for AFAA.

Sally Belanger has over 15 years experience in the fitness industry and is a STOTT PILATES®-certified instructor trainer and the assistant program director for the education division. She holds a physical and health education degree from Queen's University in Kingston, Ontario. Sally has coached elite athletes in a variety of disciplines including marathon running, triathlon and professional hockey. Certification: ACE

Ilene Bergelson is a fitness professional and performer on Broadway, film and television. With 20 years of teaching experience, Ilene is a faculty member for several U.S. fitness organizations and the founder of Lifemoves™, a comprehensive fitness education company. Certifications: ACE, ACSM

Shari Berkowitz is owner of The Vertical Workshop in Beverly Hills, California. She is originally from New York City where she studied The Pilates Method and received her certification with Romana Kryzanowska. Now a senior trainer for Power Pilates, Shari brings a varied background from her career as a professional dancer to her rehabilitation work with orthopedists, physical therapists and chiropractors.

Jay Blahnik is a world-renowned presenter and educator. He is a BOSU® senior development consultant, a master trainer for Schwinn® indoor cycling and an advisory board member for the Nautilus Institute™. Certifications: ACE, AFAA

Phil Block, MS, is a university educator and corporate wellness consultant specializing in sports nutrition, power training and muscular physiology. Currently, he is pursuing a doctorate in exercise physiology at the University of New Mexico. Certification: AFAA

Sandy Blumberg is a fitness professional currently residing in San Diego, California. An accomplished road cyclist, Sandy integrates his passion for endurance cycling with his teaching. He is also a rider coach for multiple outdoor endurance cycling events in the state. Certification: AFAA

Steve Boedt started his career in Belgium in 1997 when he was awarded Instructor of the Year by the Federation of Aerobics and Fitness. He has traveled worldwide as a dancer and teacher, delivering his dynamic workshops.

Mary Bratcher, MA, is a certified life coach and co-owner of The BioMechanics in San Diego, California. For over a decade, she has used principles from psychology and life coaching to help people develop better strategies for dealing with life's demands. She is also a presenter, author and continuing education specialist for ACE.

Douglas Brooks, MS, is the consulting exercise physiologist of product research and development for several fitness companies. He is the author of several texts, manuals and articles relating to personal training, exercise physiology and strength training. He coaches high school baseball and works with motocross racers, downhill skiers and other athletes.

Nancy Burrows is a Keiser® M3 national trainer and the director of exercise programs and performance training at Chicago's prestigious East Bank Club. She is an accomplished endurance athlete, having competed in nine triathlons, countless marathons and ultra-marathons. Nancy is also a USA Triathlon, USA Track and Field and USA Cycling certified coach.

Ana Cabán is a certified Pilates instructor, teacher trainer and the star of Gaiam's Pilates video series. A former dancer, Ana was schooled at the Pilates Studio of New York, and studied under the tutelage of Romana Kryzanowska. Ana has received praise from both industry experts and the media for her unique classes and innovative program design.

Raúl Cacho is co-owner of FEDA (Federación Española de Aeróbic y Fitness) and owner of Euro Wellness Academy in Spain. He holds an advanced degree in sports science and has been a professor for different universities. Raúl travels the world presenting his workshops.

Jackie Camborde has been teaching group fitness classes for over 14 years. She owns Santé Studio in Santa Fe, New Mexico, and is the creator of the *Real World Fitness* series, and her first DVD, *Real World Yoga*. Jackie is a master trainer for Resist-A-Ball®, a registered yoga teacher with Yoga Alliance and a continuing education examiner for AFAA.

Anthony Carey, MA, is the owner of Function First in San Diego, California. He holds a master's degree in biomechanics and athletic training and is a recognized speaker on biomechanics, posture, motor control and their relationship to musculoskeletal pain and function. Anthony is a published author and has been featured in the *New York Times*, *Time* and Oprah's "O" magazine.

Michele Carmichael is the creative director for Just Breathe Studios in Calgary, Canada. She has been involved in the fitness industry for over 23 years, and in her community she is known as the *instructor's instructor*.

Nancy Cetel, MD, is an engaging and passionate physician, educator, author, professional speaker and humorist. In addition to obtaining her postgraduate training in obstetrics and gynecology, Dr. Cetel also completed an additional three years of postgraduate training in reproductive endocrinology and infertility at the University of California, San Diego, where she conducted original research in the field of menopause and hormonal issues. Dr. Cetel is the author of the groundbreaking book, *Double Menopause*, a book that deals with midlife hormonal issues for both men and women.

Arnold Cook, MS, has more than 22 years experience developing fitness equipment and related programming. He holds a bachelor's degree in industrial design and a master's degree in mechanical engineering. In addition, he has been awarded over 65 patents for materials, aerospace, electronics and medical advancements.

Kathy Corey began teaching the Pilates technique in 1979. She is the owner and director of West Coast Pilates and has been an active member and leader in the Pilates community for almost 30 years. A member of the advisory boards for Inner IDEA and *Pilates Style* magazine, Kathy was selected by IDEA as one of ten people in the world who inspire the World to Fitness®. She is recognized internationally as a leader and innovative educator in the Pilates community.

Leigh Crews is the owner of Think-GPS! Adventure Training and DYNALIFE, Inc., where she develops consumer and instructor education programs for Reebok, Heavyhands and CardioSport. Leigh is certified by the White Lotus Foundation and is a registered yoga teacher with the Yoga Alliance. Certifications: ACE, ACSM, AFAA

Tahneetra Crosby is a 24Hour Fitness master instructor with six years of group exercise teaching experience. She is a dynamic and energetic presenter of various formats, including dance, resistance, step and Turbo Kick™. Certifications: ACE, AFAA

Laurie Denomme is an aquatics specialist who is recognized for creating functional and unique programming for fitness professionals. She holds a bachelor's degree in kinesiology and shares her passion for aquatic fitness through education as an AEA and Aquatic Options Training Specialist. Certifications: ACE, AEA, AFAA

Bethany Diamond is the founder of Ovarian Cycle Inc., and a long-time contributor to the IDEA water fitness committee. She is a master trainer for the Nautilus Institute™, ACE and Resist-A-Ball®. Certifications: ACE, ACSM, AFAA

Amy Dixon is a dynamic fitness presenter and master trainer for Schwinn® indoor cycling, BOSU® and other fitness programs. She holds a bachelor's degree in exercise physiology, she is the official spokesperson for *Women's Health* magazine and she is the group fitness manager for Equinox in Santa Monica. Certification: AFAA

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Karen Donaldson, MS, RD, LD, owns EXCEL (EXercise & Common-Sense Eating for Life) Weight Loss Solutions. She is a regular presenter for MakeltALifestyle.com, national diabetes expos, and a weekly live television Health Tip segment. A registered dietitian with a master's degree in microbiology and biochemistry, Karen specializes in childhood and adult obesity, insulin resistance and type 2 diabetes. Certification: ACE

Lisa Druzman, MA, is the owner and founder of Stroller Strides®. She is the recipient of the 2007 IDEA Program Director of the Year award and is a well-recognized presenter, writer and instructor. In addition, Lisa is the author of *LEAN Mommy* and is a regular contributor to IDEA and other publications. Certification: ACE

Kevin Dunn, MPT, holds a master's degree in physical therapy from the University of Oklahoma and has completed specialty coursework in spinal rehabilitation and sports medicine. Kevin is also a member of the teaching faculty for Resistance Training Specialist™ and Muscle Activation Techniques™.

Clare Dunphy is the senior program director for Peak Pilates® and she mentors Pilates teacher trainers worldwide. She is also the owner of Progressive Bodyworks Inc. Certification: ACE

Todd Durkin, MA, owns Fitness Quest 10 and Todd Durkin Enterprises in San Diego, California. He is a strength, speed and conditioning specialist, personal trainer and massage therapist and works with over 25 elite NFL players. Todd is also the 2004 IDEA Personal Trainer of the Year. Certifications: ACE, NSCA

Lauren Eirk is a continuing education provider for several certification organizations. She is the area group fitness director for the Louisville Athletic Club in Kentucky and the Clarksville Athletic Club in Indiana. Lauren is an avid student of exercise and biomechanics as well as an accomplished yoga and fitness presenter. Certifications: ACE, AEA, AFAA

Carrie Ekins, MA, holds a master's degree and secondary education certification in physical education and dance. She is the creator of Drums Alive™ and the CEO of Global Wellness, a fitness and wellness consulting company in Germany.

Gay Elliott has 30 years experience as a physical education teacher, fitness and aqua-fitness instructor and older adults exercise specialist. As owner of Aristo-Fit, she teaches over 200 older adults in her private weekly fitness classes, conducts European adventure tours and presents internationally.

Bob Esquerre, MA, is known in the fitness industry as a "trainer of trainers." He is recognized as a business planner, a leading educator, and a personal trainer, and he has been named as one of the top 10 fitness directors in the United States. Certifications: ACE, NASM, NSCA

Shannon Fable is owner of Sunshine Fitness Resources, a company that provides educational consulting for fitness companies, future educators and fitness managers. She represents a wide variety of companies, including the Nautilus Institute™, BOSU® and Body Bar®. Shannon is also the group fitness director at the Lakeshore Athletic Club in Boulder, Colorado. Certifications: ACE, AFAA

Eve Fleck, MS, is the owner of Gym Without Walls, an outdoor fitness program in Los Angeles, California. She holds a master's degree in exercise physiology and specializes in the practical application of scientific concepts through lectures, workshops, articles, and "real world" classes. Certifications: ACE, NASM

Linda Freeman is the director of personal training, group fitness and Pilates at the largest fitness and racquet club in northeast Wisconsin. She is an IDEA master level personal fitness trainer, author, presenter and fitness entrepreneur. Certifications: ACE, AFAA

Angel García Devesa is a STOTT PILATES® instructor trainer and the technical director for Akrostudio in Madrid, Spain. He studied occupational therapy and has had the opportunity to work with several noteworthy professionals, including renowned dancer Victor Ullate. Angel also leads the Pilates rehabilitation program at the European University of Madrid.

Lizbeth Garcia is a Pilates master teacher and member of the Balanced Body University faculty. She stars in her own television show for Telemundo and ESPN 2. A lifetime dancer with a degree in anthropology, Lizbeth's multidimensional fitness career includes teaching at The Golden Door and Rancho La Puerta, as well as choreographing and starring in several videos.

Josie Gardiner and Joy Prouty are international presenters and co-authors with Dr. Carolyn Kaelin of *The Breast Cancer Survivor's Fitness Plan*, *The Breast Cancer Survivor's Guide to Fitness DVD* and the *12-Week Getting Started Program for Breast Cancer Survivors* (for the YMCA). Josie is the recipient of the 2002 IDEA Instructor of the Year award and was voted the 2005 ACE Instructor of the Year. Joy received the AFAA Outstanding Business Award and is a contributing editor for *The Palm Beach Post*. Josie and Joy, both former dancers, are the developers of the new Zumba® Gold dance program for active older adults.

John Garey, MS, has studied Pilates for more than 10 years. The owner of two Pilates studios in California, he is a STOTT PILATES®-certified Instructor and holds a master's degree in adult fitness. *American Fitness Magazine* chose John as one of the top six instructors in the United States. Certification: ACE

James Gekko is a master trainer for the Nautilus Institute™ and Schwinn® indoor cycling and circuit training programs. He is a certified program director, group fitness management specialist, personal trainer and he holds numerous training certificates for both land and water fitness.

Chris Gellert, MPT, is a physical therapist and a certified strength and conditioning specialist with over 16 years experience as a practitioner and personal trainer. He has extensive clinical experience with spinal injuries, post-surgical rehabilitation and sport specific injuries. Chris has written for several fitness publications on fitness and postrehabilitation training. Certifications: AFAA, NSCA

Rob Glick was named the 2006 International Presenter of the Year by CanFitPro. He holds a bachelor's degree in exercise science and is a member of the creative team for efi Sports Medicine's GRAVITYSystem. Rob is also a master trainer for Schwinn® indoor cycling, BOSU® and Body Bar®. Certifications: ACE, AFAA, NASM

Nico Gonzalez is an instructor trainer who conducts certification training across the United States for Balanced Body University. He is currently the group fitness educator for Mercy HealthPlex, a hospital-based wellness facility in Cincinnati, Ohio. Nico can be seen on cable access television leading home-based workouts on a weekly basis in the greater Cincinnati area. Certifications: ACE, AFAA

Patrick Goudeau is a Nike fitness athlete and celebrity fitness trainer. He is known worldwide for his fresh and innovative approach to choreography. Patrick has released 16 highly acclaimed workout videos and is often referred to as the *King of Choreography!* This former United States National Aerobic Champion is also a featured instructor on *All-Star Workouts* from The Discovery Channel and FitTV. Certifications: ACE, AFAA

John Gray see page 4 of the World brochure

Jeffrey Groh is manager of education for efi Sports Medicine®. He has been instrumental in the development of the entire GRAVITYEducation™ program from its inception. As a senior GRAVITYPersonalTraining® master trainer, Jeff has taught and presented GRAVITY® programs worldwide. He holds a bachelor's degree in exercise science and specializes in synergistic training techniques with a postrehabilitation emphasis. He is also a continuing education provider for ACE, AFAA and NASM. Certification: ACSM

Simone Hodgkinson is the director of Physical Yoga, Ltd and the group fitness director for Spa Lady in Calgary, Canada. She has been involved in the fitness industry since 1988 and is a certified yoga teacher, Pilates instructor, fitness leader and experienced personal trainer. Simone provides quality education for fitness professionals in Canada and the UK, and has produced videos and written for several publications.

Fred Hoffman, MEd, is recipient of the 2007 IDEA Fitness Instructor of the Year award. He is currently the director of international services for the Club & Spa Synergy Group, LLC, and a fitness marketing consultant for Reebok France. Fred holds a master's degree in health education. Certifications: ACE, ACSM

Farel Hruska has 15 years experience as a personal trainer and group fitness instructor. She is the national fitness director for Stroller Strides® and a continuing education provider for ACE and AFAA. Certification: ACE

Laurie Huntzinger has been a group fitness instructor and personal trainer for over 19 years at Canyon Ranch Health Resort in Tucson, Arizona. She teaches several formats including traditional aerobic dance classes, aquatics, step, indoor cycling, group strength, stretch and yoga. Certifications: ACE, NASM

Albert Isordia has over 20 years of competitive experience in boxing, kickboxing and martial arts. He was named the Sports Club LA's Most Valuable Instructor in 2004 and 2005.

Darren Jacobson has a human movement science degree and holds numerous personal training and group training qualifications. He is the driving force behind the franchise personal training concept for Virgin Active South Africa and overseas 80 health clubs and more than 550 personal trainers.

Chalene Johnson is a motivational speaker, choreographer and entrepreneur. She is the CEO of Powder Blue Productions, and the creator of Turbo Kick™ and PiYo™. With 19 years of group fitness experience, she has trained over 35,000 instructors worldwide through her programs. The host of several top-rated fitness infomercials, Chalene has also starred in over 75 fitness videos. Certifications: ACE and AFAA

Kathy Lee Kappmeier, PT, holds degrees in physical therapy and psychology. She is a certified childbirth educator with over 25 years experience in teaching teachers and presenting at conferences. Kathy Lee's work has been published in scientific journals and she is the co-author of the book *Instructing Hatha Yoga*.

Shakta Kaur Kezios is the interim president and CEO of Yoga Alliance. She owns Kundalini Yoga, a studio that offers weekly classes, workshops, teacher training and Breathwalk (walking meditation) training in downtown Chicago. Shakta is certified by the Kundalini Research Institute as a teacher trainer for Kundalini Yoga and Breathwalk as taught by Yogi Bhajan.

Michelle Khai holds a bachelor's degree in exercise science from Manhattan College. She is the chief science officer of KETTLEBELL CONCEPTS and is heading the development of KBC's KettleBell Creatives™ program. Michelle is a professional member of the International Association for Dance Medicine and Science and a continuing education provider for NSCA, NASM, ACSM, and ACE.

Emma (Ledbetter) Kingston is the owner of Center GYROTONIC® in Portland, Oregon, a GYROTONIC® and GYROKINESIS® master trainer, as well as a licensed massage therapist. Emma has a strong background in gymnastics and dance, and originally trained with Debra Rose in San Francisco, California. She has been studying with Juliu Horvath (the inventor of this method) since her initial certification in 2001.

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Ingrid Knight-Cohee, MSc, is the associate director of the YWCA Vancouver Health and Fitness Centre. She holds a master's degree in exercise psychology and specializes in inspiring individuals, corporate groups and teams to optimal health and performance through research-based innovative programming. Ingrid was BCRPA Personal Trainer of the Year in 2005 and co-finalist for the 2007 IDEA Personal Trainer of the Year award.

Shayne Kohn, MS, has been in the fitness industry for over 12 years and in management for over eight. He holds a master's degree in exercise physiology and is a certified medical exercise specialist and personal trainer. Shayne is currently the spa and fitness director at Raymond Floyd's Old Palm Golf Club, the owner of SPÁCHITECTS, Inc., and a founding member and president of Club Spa and Fitness Association.

Tatiana Kolovou, MBA, is on the faculty of the top-ranked Kelley School of Business at Indiana University. She is the owner of Team Performance, a professional development company and has over 18 years of experience in the health and fitness industry as a fitness manager, national presenter and coach. Tatiana holds a bachelor's degree in exercise science and a master's degree in business administration. Certifications: ACE, ACSM

Len Kravitz, PhD, is the program coordinator of exercise science and a researcher at the University of New Mexico in Albuquerque, where he recently won the Outstanding Teacher of the Year award. Len was also honored as the 2006 Fitness Educator of the Year by the American Council on Exercise.

Annette Lang, MS, is a Reebok University master trainer and personal trainer in New York City. She holds a master's degree in health education and develops and teaches education programs for personal trainers and group exercise instructors worldwide. Certifications: ACE, NASM, NSCA

Kate Larsen, PCC, is a professional certified coach. She serves as a faculty member, advisor and mentor coach for Wellcoaches Inc. Her work has appeared in *Experience Life*, *Fitness*, *SHAPE*, *Self*, *Cosmopolitan*, *Prevention* and other publications. Kate is also the author of *Progress Not Perfection: Your Journey Matters*. Certification: ACE

Elizabeth Leeds, DPT, is the owner of Seaside Fitness and Wellness in San Diego, California, and has been instrumental in the development of efi Sports Medicine's GRAVITY4Programming curriculum. She holds a doctorate in physical therapy, is a STOTT PILATES®-certified Level II Mat and Reformer instructor and an ACE continuing education provider. Certification: ACE

Milo Level! is an internationally-recognized choreographer and is a pioneer in the hip-hop dance and fitness movement. His charismatic personality and positive outlook is what attracts people to his classes.

Robert Lindsey is the director of education for Power Systems Inc. He holds a bachelor's degree in exercise science from Oklahoma State University and has 17 years experience as a strength and conditioning coach at the college level. A two-time NSCA Coach of the Year, Robert has coached All-Americans and Olympians. He has authored numerous training articles and presented at sport performance conferences across the country. Certification: NSCA

Cindi Lockhart, RD, LD, has a bachelor's degree in nutrition and dietetics. After graduating from the University of Illinois at Champaign/Urbana, she made it her mission to educate the public on overall wellness. For the past 10 years, Cindi has owned and operated a business that provides nutrition and lifestyle consulting, personal training, design of home fitness plans, and small group fitness and yoga classes. Certification: ACE

Buddy Macuha was voted the Best Instructor in the Bay Area by the *San Francisco Chronicle*. With over 20 years experience in the fitness industry, he teaches multiple group exercise formats and has been interviewed by Lifetime Television and *San Francisco* magazine. Certifications: ACE, AFAA, NASM

Carrie Macy began practicing Pilates in 1996, and in 2001 she was certified by Romana Krysanowska (Pilates, Inc.) in New York City. Today she works as a teacher trainer for Power Pilates and has conducted workshops and clinics in the UK and the United States, and co-manages two Power Pilates studios in Southern California. Carrie thrives on the constant growth within Pilates and brings this inspiration into her teaching.

MaryBeth Marotto is a regional instructor coordinator and national trainer for Healthways SilverSneakers® fitness program. She supports the SilverSneakers group exercise program as a "trainer to the trainers" and curriculum advisor to the SilverSplash® aqua group fitness program. MaryBeth has been in the fitness industry for 18 years and is a national ACE certification trainer. Certifications: ACE, AEA, AFAA

Angee Maw is a master instructor for 24Hour Fitness, specializing in cardio-dance and resistance training formats. She has also presented body-mind workshops, including Pilates, where she draws upon her STOTT PILATES® training and reformer certification with Pilates Coach. Certifications: ACE, AFAA

Shaun W. McGeahy is a 24Hour Fitness master instructor and has presented workshops all over the country as well as in Southeast Asia. He holds a bachelor's degree in music and is currently producing three home fitness DVDs. Certifications: ACE, AEA, AFAA

Charlie McMillin, MS, is a Muscle Activation Techniques™ (MAT) master certified specialist and a Resistance Training Specialist® (RTS). He holds dual master's degrees in human performance and exercise science. Charlie is a former lacrosse coach and when he is not teaching the RTS and the MAT Jumpstart programs, he runs his own human performance consulting business in Baltimore, Maryland. Certification: ACE

Mindy Mylrea is the creator and lead talent behind Gliding™, the gliding discs exercise program. She is a master trainer and is on the professional development team for Schwinn® indoor cycling, Body Bar®, and BOSU®. Mindy is also the 2004 CanFitPro International Presenter of the Year and the 1999 IDEA Fitness Instructor of the Year. Certifications: ACE, AFAA

Pamela M. Nisevich, MS, RD, LD, is the owner of Nutrition for the Long Run, a sports and wellness nutrition consulting practice. An author, lecturer and counselor, she conducts work in clinical, commercial and educational settings, focusing on providing clients with the most up-to-date information on optimum health, wellness, and athletic performance. Pamela is also the director of continuing education for the Sports, Cardiovascular and Wellness Nutritionists (SCAN), an instructor at Sinclair Community College and a clinical dietitian at Dayton Children's Medical Center.

Kukuwa Nuamah is the president and CEO of Kukuwa, Inc. and Gye Nyame African Cultural Dance Company. She is also the choreographer and originator of Kukuwa Dance Workout®. Originally from Ghana, West Africa, Kukuwa has more than 20 years of experience in the dance and fitness field. She travels worldwide, certifying instructors to teach the Kukuwa Dance Workout.

Suzette O'Byrne holds a bachelor's degree in kinesiology. She has been a group cycling master trainer with Keiser since 1996 and is a registered Yoga Alliance teacher (500 level). Suzette is also a continuing education provider for ACE and AFAA. Certification: ACE

PJ O'Clair is the owner of Northeast Pilates, New England's largest STOTT PILATES™ licensed training center with locations throughout Massachusetts, Rhode Island and New Hampshire. In addition to being featured in and assisting in the development of eight STOTT PILATES® videos, PJ is a continuing education provider with 20 years of experience. A sought-after instructor and presenter, PJ offers workshops and training in Pilates, applied anatomy, stability ball and yoga. Certifications: ACE, ACSM

Portia Page has been a fitness instructor for over 17 years and has presented and taught throughout the world. She is currently a Balanced Body University faculty member and part of the development team for group reformer training and Exo™ Chair development. In addition, Portia is a 24Hour Fitness master instructor and a Les Mills BODYFLOW™ trainer. Certifications: ACE, AFAA

Jordan Parks is the resource manager for the Alliance for a Healthier Generation. He is the intermediary between organizations, companies and individuals that act as resources for schools enrolled in the Healthy Schools Program. Jordan resides in Dallas, Texas.

Beto Perez is the creator of Zumba® and director of the national Zumba® master trainer team. He is a professional dancer and the former choreographer for Shakira and other high profile celebrities.

Tom Perkins is a business coach/advisor, radio host, speaker, author and certified personal trainer with more than 30 years in the fitness industry. Having owned six startups since 1990, Tom provides fitness businesses and professionals with the systems, tools and support they need to get to the next level and beyond. Tom is an ACE continuing education provider.

Krista Popowych is the CEO of KP Fitness Multimedia. She is a master trainer for Keiser® Cycling and MIO™ and a continuing education provider for ACE and AFAA. In addition, Krista was voted one of IHRSA's 2006 top 25 "up-and-coming" executives.

Justin Price, MA, is a corrective exercise specialist, personal trainer and co-owner of The BioMechanics in San Diego, California. He is the 2006 IDEA Personal Trainer of the Year and the IDEA national spokesperson for personal training issues.

Tom Purvis, PT, is a licensed physical therapist, co-founder of RTS®, the Resistance Training Specialist® program and owner of Focus On Fitness®. He was the keynote speaker at the Mayo Clinic Sports Medicine Symposium as well as the IDEA Personal Training Summit.

Fraser Quelch is the founder of Storm Training Systems™ and the director of programming and education for Fitness Anywhere™. A featured fitness author, Fraser has also presented extensively throughout North America and is an education provider for ACE, AFAA, NASM and NSCA. Certification: NSCA

Deborah Redder is the creator of the nationally-recognized and award-winning SilverSneakers® group exercise program where she oversees the direction of instructor training, curriculum development and continuing education. Deborah holds degrees in health, physical education and exercise science. She is the judiciary chair for the USA National Aerobic Gymnastics Championship, a former USA technical director for the International Aerobic Gymnastics Federation, and has been a presenter, continuing education provider and lecturer since 1989.

Keli Roberts is the 2003 IDEA Fitness Instructor of the Year. She is a member of the advisory boards for the Nautilus Institute™ and *Fitness Magazine*, and she is a media spokesperson for the American Council on Exercise. Certifications: ACE, ACSM, AFAA

Sonia Rodriguez has over 15 years experience in the fitness industry and is a Peak Pilates® master trainer. Sonia holds certification in personal training and group exercise and she is a registered massage therapist. Certification: AFAA

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Carlos Rosas and Debbie Rosas are creators of the Nia® Technique, an international body-mind-spirit fitness and lifestyle program taught in 40 countries by over 1750 licensed teachers. Since 1983, their focus has been on body-mind-spirit education and program development.

Greg Roskopf, MA, is the owner and developer of Muscle Activation Techniques™ (MAT) in Denver, Colorado. He is a biomechanics specialist focusing on the identification and treatment of muscular imbalances. He has worked with various elite and professional athletes and has consulted to various professional teams, including the Denver Broncos.

Jonathan Ross is the 2006 ACE Personal Trainer of the Year and one of *Men's Journal's* Top 100 Trainers in America. As owner of Aion Fitness, he creates exercise strategies that deliver big results for clients. Certifications: ACE, NASM, NSCA

Helene Saidi is a 20-year veteran in the fitness industry as a group fitness instructor and as the former group fitness program director for Bally Total Fitness and Westin Resorts. Helene is the yoga expert for NBC channel 7 in San Diego and is now currently on the faculty of YogaWorks in New York City. She is owner of YOGA D.I.V.A. Integrative Yoga Therapy, specializing in post-breast cancer rehabilitation. Certification: ACE, AFAA

Katy Santiago, MS, is the director of the Restorative Exercise Institute in Ventura, California. She holds an undergraduate and graduate degree in kinesiology. Her workshops on the Physics of Wellness are conducted throughout the United States, and have been featured in national publications such as *Fit Pregnancy*, *Self, Pilates Style*, and *LA Yoga* magazine.

Carol Scott is the CBO of ECA World Fitness Alliance, a global organization for fitness and wellness professionals. She has presented workshops all over the world and has appeared on network TV and in numerous publications, including the *New York Times*. Carol holds a bachelor's degree in physical education and was awarded the 2003 IDEA Program Director of the Year award. Certification: ACE

Larisa Yaghoobov Settembro is a master instructor for 24Hour Fitness, presenting step, dance, resistance, aqua, Pilates and yoga workshops. A fitness professional for over 13 years, Larisa has been the lead personality in numerous instructional DVDs and has assisted in the development of several group exercise programs for 24Hour Fitness. Certifications: ACE, AEA, AFAA

Beth Shaw is the creator and founder of YogaFit® and the celebrated author of YogaFit. She holds a degree in health marketing and has lectured and trained instructors throughout the United States and Europe.

Lynne Skilton-Hayes is the fitness center coordinator at the University of Guelph in Ontario, Canada. Lynne holds a bachelor's degree in science with a minor in nutrition. She is a CanFitPro Pro trainer and presenter and was awarded the PTS ProTrainer Educator of the Year award in 2004. Lynne can also be seen as the fitness expert on Global TV morning news in Vancouver, Canada. Certification: ACE

Rebecca Small has a background in sports science and is a qualified naturopath. Originally from Sydney, Australia, she has traveled the world as a premiere presenter. Rebecca teaches several formats, but is best known as a step specialist because she consistently delivers cutting-edge choreography, showcased within seamless learning-teaching progressions. Combine this with her power and charisma, and you have an experience to remember.

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