

December 2012 Group Fitness Instructor Biographies

Joy Beekman Supporting Fit Happens from its start, Joy provides a challenging workout for all fitness levels. ***Spin, Low Burn,*** and ***GunzBunz*** are only a sampling of what she can provide. A sure fire cardio/toning workout!

Vanessa Chambers is a Yoga instructor with 200 hours training from Heartspace Yoga & Healing Arts. Self-referring to her classes as Yoga Eclectic, Vanessa draws from many styles and encourages participants to experience the many ways of Yoga practice. Her classes include pranayama (breath work), asana (physical postures), meditation, and music.

Kym Dopp Trained/certified through AFAA, Kym will be sure you work up a sweat in a variety of class descriptions to include ***Tabata, Total Knockout Workout (TKO), & GunzBunz.*** Kym is an extremely versatile instructor and may be found developing routines for any number of our class descriptions, all of which will challenge your lower body!

Jen Flynn Given her certification through the Exercise Science Alliance/Exercise Safety Association and her experience/certification in Pilates-based use of equipment, Jen is one of our more versatile instructors. Having been with Fit Happens since its group fitness induction, Jen provides a powerful ***Tabata*** class, as well as ***Low Burn, Step & GunzBunz.***

Yvonne Hart AFAA, ESA, Spinning Instructor certifications, and 25+ years of experience spanning Japan and the United States, Yvonne is locally known due to her commitment to providing high energy, all encompassing routines for a sure-fire workout every time! Her ***Step*** classes are often requested, but she'll challenge you with any class description!

Alyssa Johnson is a licensed Zumba instructor with a great following at Fit Happens! She will be sure you work up a sweat while smiling and having fun!

Samantha Kollar is a licensed Zumba (2011) and Zumbatomics instructor and brings a love of fitness paired with 20 years of dance experience in various disciplines. Sam acknowledges the importance for all ages and abilities to get up and move!

Colleen Leo has been ESA-certified in group fitness instruction since 2003, and with Fit Happens since its beginning! Colleen instructs a variety of classes including ***GunzBunz, Hi-Lo, Step, and Stretch.***

Marie Montano assists Fit Happens when scheduling conflicts interrupt our morning sessions.

Beth Mowrey Upon joining the Fit Happens team, Beth brought with her 5 years of experience/training/certification in choreographed step routines, Step Aerobics, and Group Fitness. While Beth can most commonly be found providing instruction for ***Step***, she also challenges participants during ***Tabata*** class & ***GunzBunz,*** or ***Low Burn.***

Kelly Priess Highly energetic and motivating, Kelly exudes fitness through her group instruction, spinning, and various outdoor activities. Generally found in the wee hours of the morning providing ***Hi-Lo*** instruction or ***Pump*** in the afternoon, Kelly assesses participant needs daily and develops routines to challenge all fitness levels. A sure way to start your day!

Mandy Rose has over 8 years of experience, as well as certification as a Spinning Instructor. Always high energy and challenging with dynamic moves aimed at fat burning and muscle conditioning, Mandy is often instructing ***Boot Camp*** and ***ABS.*** Be sure to sign-up for one of Mandy's spinning classes as well!

Jennifer Wojeski has studied classical Pilates for 8+ years, learning the traditional technique from 2nd generation Pilates instructors. Jennifer has a varied movement & fitness background, to include a minor in post-modern dance and Division I cross-country running at the George Washington University. Jennifer continues long distance running today.

Lixia Zhou is a certified Yoga instructor with over 15 years of experience in China. Lixia has herself practiced Yoga daily for over 20 years. Lixia practices each of her lessons prior to class instruction, chooses her words carefully, and researches various Yoga publications to ensure participants are healthy and look and feel younger!