



Amy has more than 17 years experience working in the fitness industry. She is a certified cycle instructor through Madd Dog Spinning & Keiser. She is also certified level 3 Pilates instructor through Stott Pilates, certified personal trainer through ACE and NSMA, as well as certified barre instructor thru the Barre Method.



Anna first began teaching group fitness classes in 2010 at Ohio University. As an ACE and AFAA certified instructor, Anna can teach a range of formats. Bootcamp, Kickboxing, Jump Rope, Core and Aqua are some of her favorites. When she's not at the MARC, you can find Anna riding her red road bike around town, trail running in Round Valley and painting.



Audrey , PhD is a sport nutrition coach, working one on one and in small groups. Her main focus is to teach athletes how to balance their training and nutrition for more energy and improved performance. Make gradual lifestyle change to become leaner, stronger, and fitter- at all ages! Audrey's degrees are in Exercise Sport Science (Ph.D.) from the University of Innsbruck Austria, and Nutrition (MS) from the University of Utah. Audrey's passion is integrating the mind-body connection into her coaching to help people find balance and reach their highest potential.



Rebecca is an author, teacher, speaker and practitioner of the integrative healing arts. She holds a Ph.D. in nutrition and is a certified yoga and meditation teacher through the Himalayan Institute and the Sivananda Yoga Vedanta Centers. She is the author of The Kid's User Guide to a Human Life – a popular wellness series and online community for kids (and inner kids)



Dr. Brad Lester, ND, Lac, has lived in Park City for 7 years practicing Naturopathic and Chinese Medicine. He studied Tai Qi and Qi Gong in Portland, Oregon under several masters and is here to help pass on this time honored Chinese mind, body, spirit and self-cultivation practice to the Park City Community.



Chi-Mai, a San Diego native, has lived in Park City since 2008. She loves anything outdoors that include a challenge and has been involved in teaching a variety of fitness classes since 1991. Her favorite classes are anything cardio, especially Step and Zumba. She hopes to bring her love of cardio to the classroom!



Claire is an enthusiastic and powerful motivator who believes in a well-rounded life that incorporates functional fitness, healthy foods and lots of fun. You can find Claire in a variety of classes at the MARC including Pilates, yoga, and spinning.

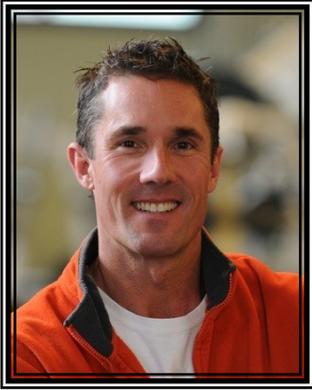


Danielle has been a certified Zumba® instructor for over 6 years, with over 20 years experience in studying and teaching ballet, tap, jazz, modern, and gymnastics. Her main goal is to create a fun and welcoming atmosphere in order to motivate her Zumba® and Barre students using basic steps and rhythms to reach their personal fitness goals. She strives to teach dance, movement and music awareness to participants, while providing fundamentals of physical activity and increased self-esteem.

With a Bachelor's degree in Nutrition & Dietetics, Danielle aims to combine use knowledge to promote a healthy and active lifestyle. When she is not instructing she enjoys snowboarding, hiking, mountain biking, and camping.



Dee a career health professional and licensed WellCoach, recently completed a PhD in Health Promotion with an emphasis in behavior change at the University of Utah. A pioneer in worksite wellness, she began her career in the mid '70's as an entrepreneur, starting and running her own fitness consulting and teaching business in San Francisco, California. A committed fitness professional, Dee has trained in and taught a variety of fitness classes. She is presently committed to teaching the Egoscue Method of postural health as she believes proper posture can reduce or relieve pain, improve function and performance as well as overall health and vitality. She has lived in Park City for 15 years and, like most Parkites, enjoys skiing, golf and hiking in addition to staying fit.



Don, New England born and raised. Now a Park City resident for 11 years. Ever since I was a kid, challenges have been part of my life. As a senior in High School, I won the State Championships in Gymnastics. I attended the University of Rhode Island and competed in the sport of Crew, capturing 2 time Collegiate National Rowing Championships. I was a member of the U.S. National Rowing Team in 1987. And, a Gold Medalist in the 1987 Pan American Games. I then started coaching on the collegiate level for Trinity College and the U.S. Coast Guard Academy. After a shift to working in corporate America, I started mountain bike racing to feed my competitive side, and then became a Certified Indoor Cycling Instructor to break the monotony of my cubicle life. I realized that I was meant to do more and found that working directly with people to motivate and improve their quality of life was my passion. I became a certified personal trainer and now work with all genders, age groups, in order to help my clients meet and exceed their physical and mental health goals.



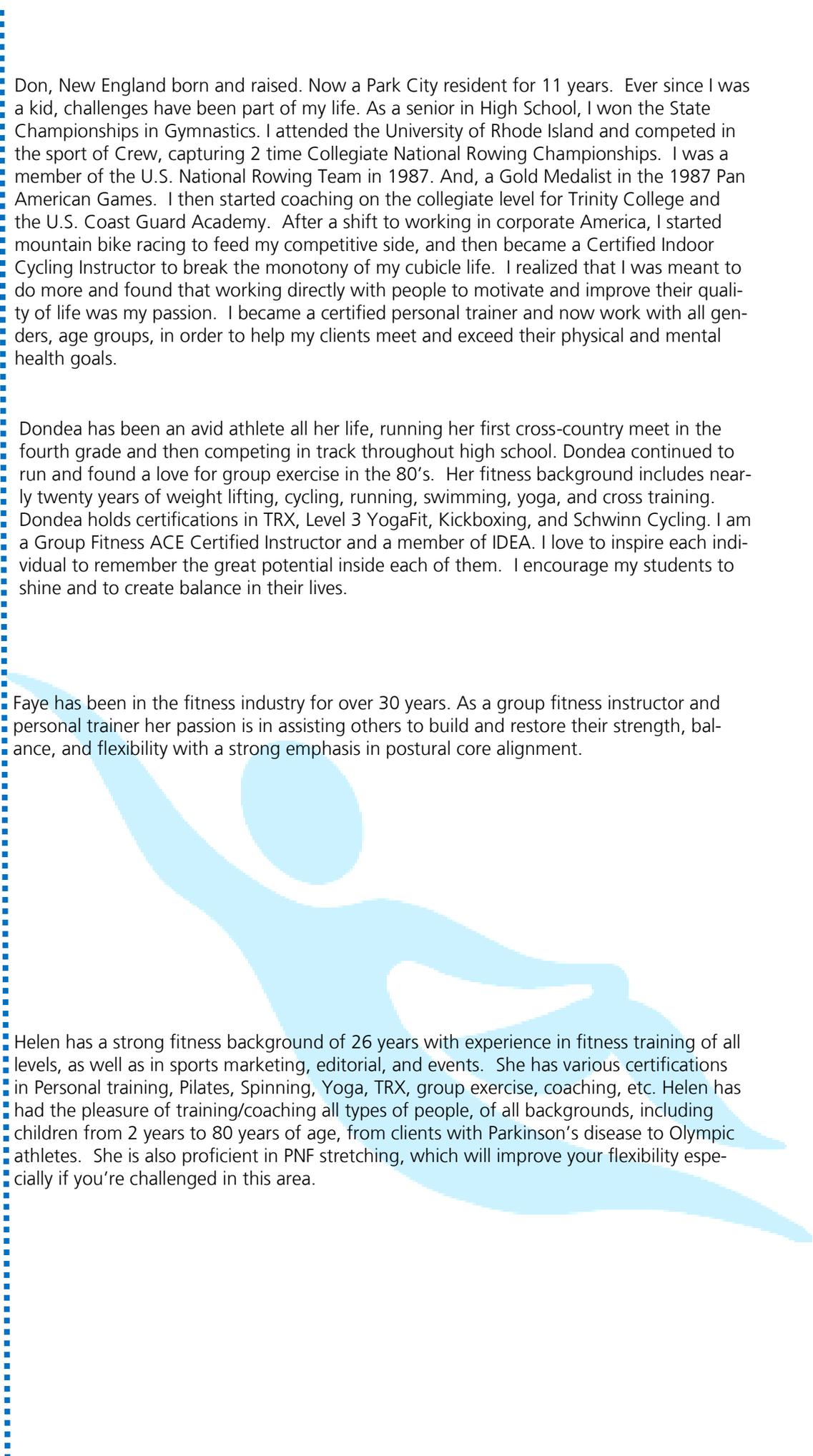
Dondea has been an avid athlete all her life, running her first cross-country meet in the fourth grade and then competing in track throughout high school. Dondea continued to run and found a love for group exercise in the 80's. Her fitness background includes nearly twenty years of weight lifting, cycling, running, swimming, yoga, and cross training. Dondea holds certifications in TRX, Level 3 YogaFit, Kickboxing, and Schwinn Cycling. I am a Group Fitness ACE Certified Instructor and a member of IDEA. I love to inspire each individual to remember the great potential inside each of them. I encourage my students to shine and to create balance in their lives.



Faye has been in the fitness industry for over 30 years. As a group fitness instructor and personal trainer her passion is in assisting others to build and restore their strength, balance, and flexibility with a strong emphasis in postural core alignment.



Helen has a strong fitness background of 26 years with experience in fitness training of all levels, as well as in sports marketing, editorial, and events. She has various certifications in Personal training, Pilates, Spinning, Yoga, TRX, group exercise, coaching, etc. Helen has had the pleasure of training/coaching all types of people, of all backgrounds, including children from 2 years to 80 years of age, from clients with Parkinson's disease to Olympic athletes. She is also proficient in PNF stretching, which will improve your flexibility especially if you're challenged in this area.





Janet is an ACE certified trainer with 22 years in the fitness industry. She is also a certified balance trainer & works with all ages from 15 to 75 to achieve & maintain their personal goals.



Jean has been teaching for 6 years with experience in vinyasa, basic beginner classes, and ashtanga. Jean likes to be creative finding the connection between various postures throughout her practice. She respects that everyone is different, that each person must be assessed differently, treated as an individual and that there is no one right way. She feels that this is an invaluable lesson in yoga and feels she is able to respond to whoever is in the room.



Jessica grew up with a large ski racing family in Vermont and moved to Park City while competing for ten years on the US Ski Team. She will graduate from Westminster College with a degree in Public Health in December and can be found coaching for the Park City Ski Team, enjoying the outdoors and biking or hiking with her dogs.



Jill, BSN, RN, has been involved in the healthcare & wellness industries since the early 80's. Previously a pediatric nurse as well as a Medical Education business owner in Maryland, Jill now lives locally and owns Livin' Life Park City, an artisan boutique on Main Street. With a love of cycling, Jill became a spinning instructor in 2005, and has thoroughly enjoyed working at PCMARC since 2006.



Jillian Vogtli is a two-time Olympian and 13 year member of the US Ski Team. Jillian focuses on helping you achieve balance; mentally, physically and emotionally, as well as the tools needed to sustain this balance. Jillian's workouts help clients achieve this goal through functional fitness, mindfulness techniques, strength training, flexibility, balance, cardiovascular fitness and group classes. Jillian invites you to experience mindful fitness through her body and soul wellness program.



Karrin grew up in the Park City area. She loves the outdoors and began her teaching as a snowboard instructor at Parkwest. Then while teaching preschool at the Family Nurturing Center, she enrolled in karate classes and trained to instruct Tae Bo. This and her sociability, led her to certify in teaching a variety of group fitness classes.

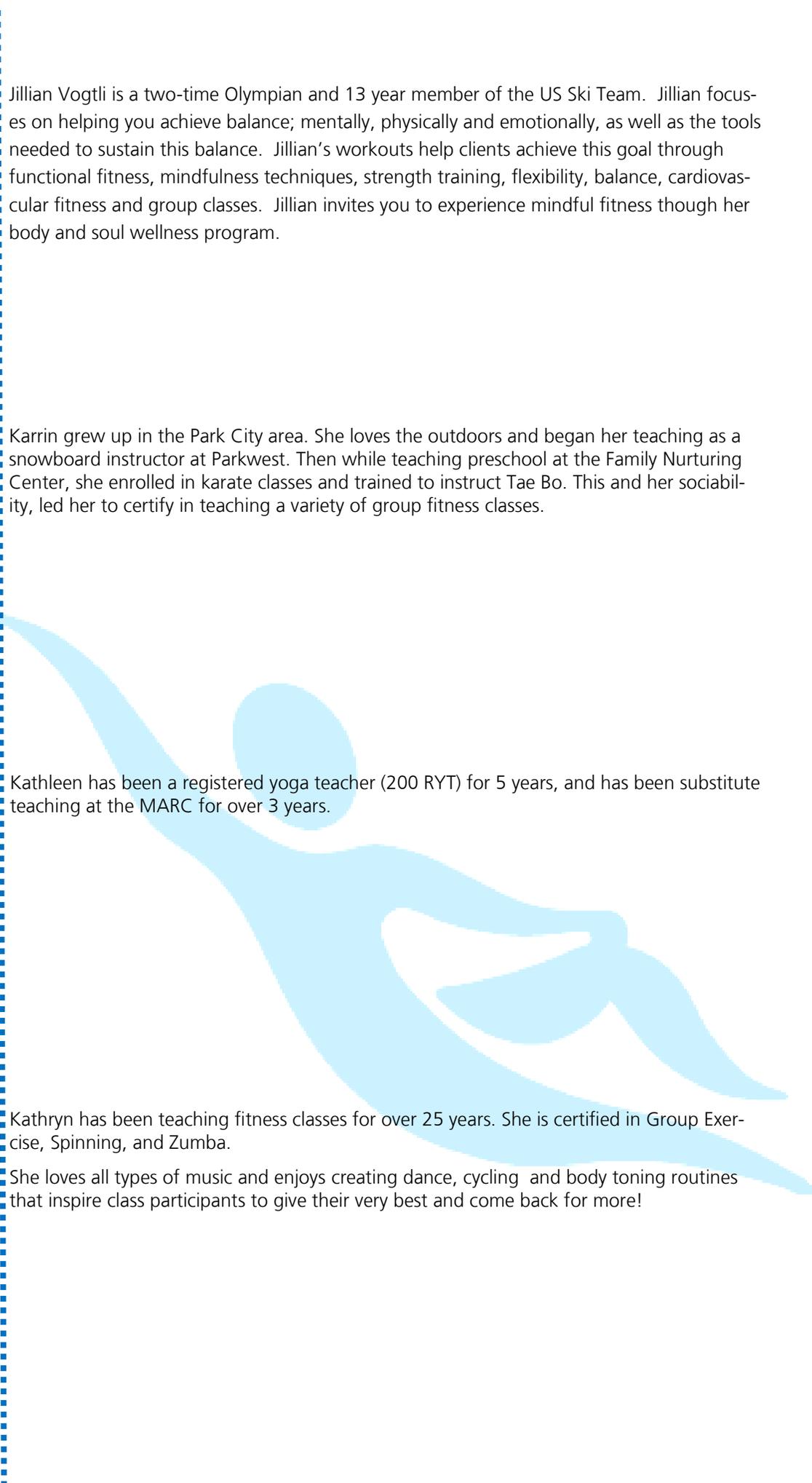


Kathleen has been a registered yoga teacher (200 RYT) for 5 years, and has been substitute teaching at the MARC for over 3 years.



Kathryn has been teaching fitness classes for over 25 years. She is certified in Group Exercise, Spinning, and Zumba.

She loves all types of music and enjoys creating dance, cycling and body toning routines that inspire class participants to give their very best and come back for more!





Kati has been teaching yoga at the MARC since summer of 2000. Her charismatic personality is portrayed in her teaching style of Vinyasa flow. Kati's classes energetically link each pose with the breath. She guides her students through their practice, accommodating all levels of yogis from beginners to intermediates. Kati has numerous students who have been with her for over a decade. This a testament to her ability to connect and create a community.



A mother of two and forever a Hoosier at heart; Kristy discovered her passion of and life long study into the mind body connection as it relates to the fitness, nutrition, and balanced life while attending Indiana University—Bloomington.

In her 19+ years of yoga exploration, she describes her personal practice as an intuitive pull toward Truth and connection in all Beings. Her life philosophy embodies the following : live simply - love generously- care deeply - speak kindly.



Hi, I'm Laura an MARC instructor, who's quite diverse, I've dedicated my life to helping others see their aging reverse. You name it I teach it; water aerobics, Pilates, yoga and step. I make classes fun (but tough) through every single rep. I look forward to seeing you in class; I'll help you keep pace, always with a smile and a little sweat on our face.



I share my experience and knowledge through emphasis on core, strength, stability, cardio interval training, and flexibility. My own fitness is supported by these ideas with the integration of plant based nutrition. Come take class with me or contact me for a private session.



Hi! I'm Leslie. My intent is to provide you with more clarity, energy, flexibility, peace, and strength through the practice of yoga.

I'm a California native, and I've been practicing yoga for over twenty years. I've studied many forms of yoga (Iyengar, Ashtanga, Bhakti, and Vinyasa Flow) and in November 2013, I completed my second RYT-200 training with Tamal Dodge at the Yoga Collective in Venice Beach, California. Through my study of yoga, my life has expanded in many beautiful ways with more abundance, awareness, and grace, and I love to share these gifts of yoga through teaching others! My classes are challenging and mindful Vinyasa Flow, usually set to music, with lots of focus on breath and alignment instruction. I am forever grateful to my teachers Evlaleah Howard, Govind Das (Ira Rosen), Andres Salcedo, and Tamal Dodge. See you in class!



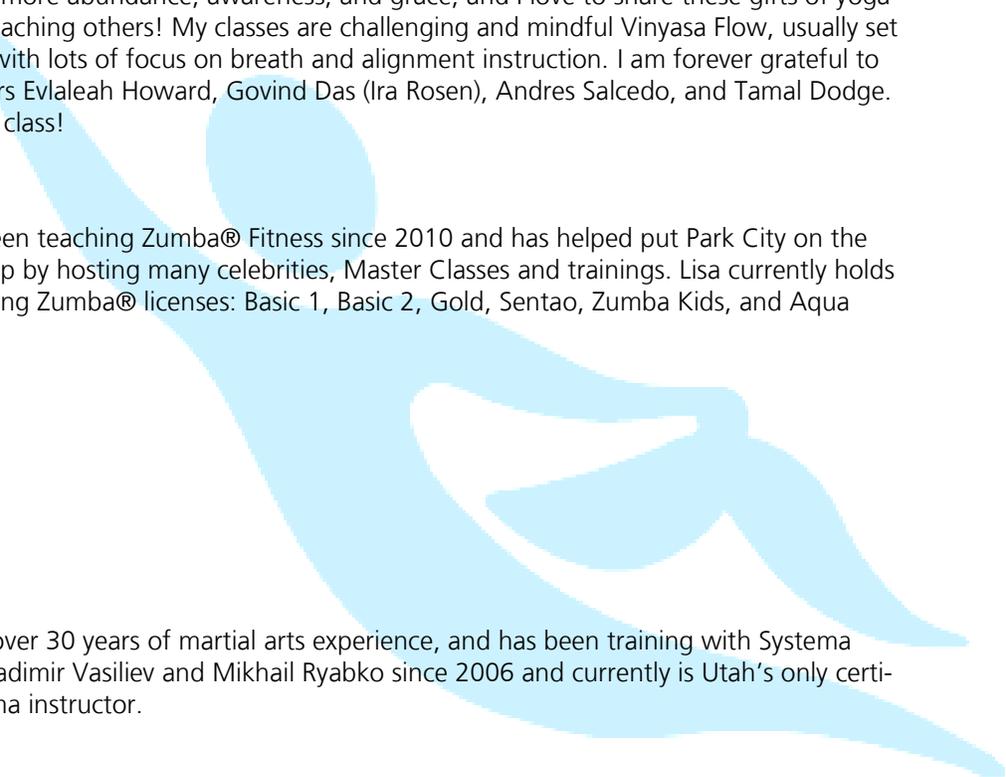
Lisa has been teaching Zumba® Fitness since 2010 and has helped put Park City on the Zumba map by hosting many celebrities, Master Classes and trainings. Lisa currently holds the following Zumba® licenses: Basic 1, Basic 2, Gold, Sentao, Zumba Kids, and Aqua Zumba.



Mark has over 30 years of martial arts experience, and has been training with Systema masters Vladimir Vasiliev and Mikhail Ryabko since 2006 and currently is Utah's only certified Systema instructor.



Megan has been an avid fitness fanatic since she was a teenager. Her passion to help people achieve optimal fitness as well as a balanced lifestyle became her career after graduating from the University of Utah with a degree in Exercise and Sports Science. This combined with her personal training certification has allowed her to teach in all fitness capacities and levels; from the elite athlete to those who are looking to lose a few pounds, she enjoys it all.





Miranda moved to Park City 3 years ago after graduating college from Southern Illinois University where she earned a degree in Exercises Science. She has been a group fitness instructor for 5 years and teaches a variety of class styles.



Mitch joined the systema team at the MARC in 2013. Mitch's love of system shows through his teaching and broad knowledge of the practice.



Natalie has been an early morning spin instructor with the MARC since 1997 and is currently a sub. When they are not skiing, riding bikes or hiking with their two dogs, Samson and Grizzie, Natalie and her husband practice law out of their home office in Old Town for their own firm, Segall & Banko.



Penny, MS

Penny loves fitness and wellness instruction and consulting. She currently teaches Yoga in Park City, UT, is the Director of Wellness Services for over 900 mountain states companies, and teaches a graduate course in Mind-Body Interventions and Complementary Medicine at the University of Utah. She has taught Spin, Kickboxing, Sport Specific Training, Strength and Balance Training, Mind-Body Wellness Training, Step, Functional Movement Fitness, Pilates and Personal Training. She has also loved teaching Adaptive Snowboarding for the National Ability Center. Some of her favorites memories are of playing on the local trails and mountains.



Perry was born and raised in New England where she grew up alpine ski racing and loving the outdoors. She has been passionate about fitness and athletics all her life. In 2009, she moved west to coach ski racing and conditioning in Vail Colorado before moving to Park City in 2010. She loves running, biking, skiing and hiking with her dog, Piper.



Reginald prides himself in practicing what he teaches. He believes in giving participants pure examples of what can be gained by their investments. He presents confidence, understanding, and direct participation with every class.



Rich retired as a Naval and commercial pilot decided to become certified in yoga. Studied with Norman Allen in Kona April, 2003.



Rob grew up in suburban Chicago. He graduated with a B.S. in Aerospace Engineering at Colorado University. Rob entered the U.S.A.F. and became a T-38 instructor pilot serving in Arizona and Texas. He went on to fly for Delta Air Lines for 8 years as a 737 pilot. Rob left the airline in 1996--6 years after moving to Park City, UT.

Rob is an avid telemark skier, mountain biker and roller blades with his dogs most every day. He was an Aikido instructor for many years and continues to instruct Russian Systema. Rob has attended breath certification courses offered by the Russian Martial Art school in Toronto. He has integrated the breath work into a variety of posture, exercise and movement classes that he has taught. Rob lives with his wife, Ellen in Park Meadows. They have two grown children who grew up in Park City.



Shan is a life long fitness and dance enthusiast. As a former competitive dancer, she's always enjoyed the intersection of dance and exercise. She is a certified barre instructor and loves bringing these two worlds together in the new ballet inspired, barre tone class. She is also a certified group fitness instructor for TRX, spin and Turbo Kickboxing.



Sharon is a Guild Certified Feldenkrais Practitioner with over 25 years of experience.

Sharon has a deep passion for movement and enjoys teaching two weekly classes here at the MARC that offer individuals

to learn how to move with greater ease, reduce stiffness & movement restrictions while overcoming pain bringing the joy of moving back in to their lives.



Shirin has been teaching classes for the MARC, previously the Racquet Club, for over 14 years. Shirin studied at U of U in exercise physiology. Shirin is an AFAA certified personal trainer who is also certified in Speedo Aquafit, kickboxing, Zumba, Spinning, and PNF stretching. Shirin's classes strive for an all over body workout to keep the body strong and healthy for everyday life.



Stephanie came to Park City 8 years ago on a ski vacation and decided to stay. She is a 200hr Yoga Alliance certified yoga instructor as well as an Ayurveda Yoga Therapist certified through the California College of Ayurveda. Stephanie is passionate about health and healing and believes that yoga is beneficial for every body! When she is not practicing yoga she enjoys skiing, singing, playing her harp and working on adventure club.



Susan is an attorney/personal trainer who moved to Park City 6 years ago from Ft Worth, Texas. Her training philosophy is based on flexibility, strength and cardiovascular fitness. She welcomes students of all abilities to share her dedication to having fun and staying healthy.



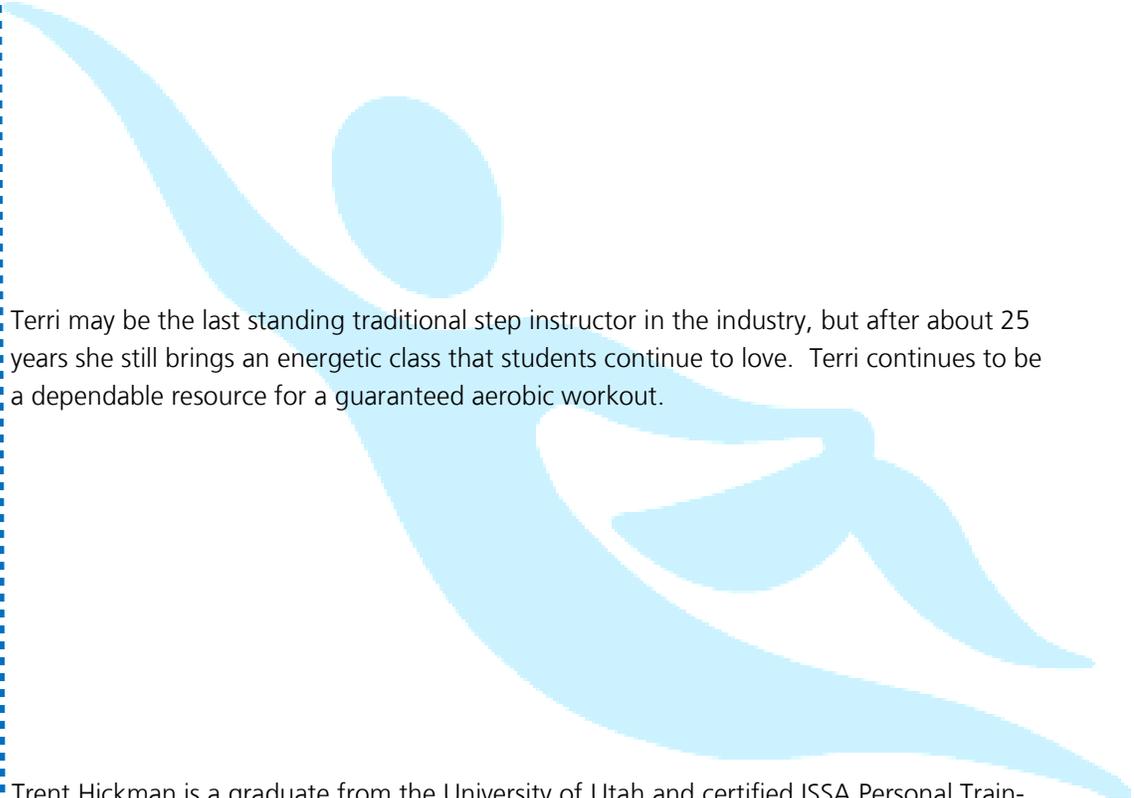
Tara is a diverse trainer. Teaching a variety of classes such as cycling, bootcamp, and yoga. She is a dedicated professional and has a passion for teaching and take great care to give each class 110%. Her goal is for students to walk away feeling energized through tough work.



Terri may be the last standing traditional step instructor in the industry, but after about 25 years she still brings an energetic class that students continue to love. Terri continues to be a dependable resource for a guaranteed aerobic workout.



Trent Hickman is a graduate from the University of Utah and certified ISSA Personal Trainer. He loves working and connecting with people in a effort to help them achieve their fitness and health goals. "the greatest part about what I do are the connections I make with people and being a part of the process as they accomplish their goals." Trent loves outdoor activities and of ALL kinds and competes in SUP racing.





Valerie has her Master's in Sports Nutrition and is a Registered Dietitian Nutritionist. She went to high school in Park City but lived in Rhode Island for 11 years before returning to Utah for her Masters at the University of Utah. She is a past competitive athlete in soccer, basketball, lacrosse, swimming, and running and currently very active in the Park City community. She coaches the Park City High girls basketball team, works for EATS (Eat Awesome Things at School), and owns her own private practice "Nutrition Breakthru" to help individuals and athletes feel better and perform to their best ability through nutrition. With her love of working out and helping people live a healthier and happier life she has been a fitness instructor for six years with a certification in TRX. In addition to TRX, she loves teaching strength and cardio focused group classes that help you burn calories, tone muscles and do it all with a smile!



Meet Virginia! Spin instructor for 20 years and loving every minute of each class that she teaches! She plays heart pounding, bass booming, mind and body motivating music to energize you through the ride!

Raised in South Florida and became a certified aerobics instructor at 16! She has taught it all from aerobics, to step, to kick boxing, to personal training, to spin! Go ahead and ask her anything about her lifetime love of fitness!

Virginia has also lived in other parts of the world such as France, the Dominican Republic, and Morocco. Her second language is French and her love for everything French shines in her teaching at Jeremy Ranch Elementary where she teaches 3rd grade in the French Dual Immersion program. She is clearly a born teacher with a love and compassion for all! So come on and get your seriously fun cycle on with Virginia!