

## Meet Our Team of Certified Fitness Instructors

### YOGA HOW-TO INSTRUCTORS



**Amber Gross**

**Height:** 5-6"

**Weight:** 110 lb

**Instructor Certifications\*:** 200 Hour Teacher Training Graduate from YogaWorks.

Amber studied art history at Yale and went on to work as an actress in New York. She rediscovered Yoga while in Santa Monica and since graduating has been teaching Yoga at gyms and studios in the Los Angeles area.

### GYM EXERCISE HOW-TO INSTRUCTORS



**K-Von Moezzi**

**Height:** 5-11"

**Weight:** 167 lb

**Instructor Certifications\*:** ACE Certified Group Fitness Instructor.

Coach K-Von is passionate about sports and has been competing and instructing others for over 12 years.

As well as appearing as a regular T.V. personality, participating in Marathons and Triathlons, he finds time to enjoy surfing in sunny, southern California. He is a well rounded athlete and adheres to a strict weight lifting regimen and continuous strength training program to this day.

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## FITNESS EXERCISE INSTRUCTORS



**Tabitha Taylor**

**Step Aerobics 1**

**Height:** 5-6"

**Weight:** 115 lb

**Instructor Certifications\*:** Aerobics and Fitness Association of America (A.F.A.A.)

Tabitha has been an Aerobics instructor for 14 years. She is extremely passionate about Fitness and believes it should be Fun, Exciting and Effective. Her great talent has allowed her to appear in numerous Fitness magazines and infomercials.



**Ashlee Chiarito**

**Warm-up/Stretching 1**

**Height:** 5-2"

**Weight:** 110 lb

Ashlee grew up in a world of ice skating. She skated competitively for 8 years and still skates to this day. Besides figure skating she also competed at Kickboxing for 5 years. She loves to dance, do yoga and keeps fitness a part of her daily life.



**Nicole Duke**

**Pilates 1, 2, 3, Buns & Thighs 1**

**Height:** 5-6"

**Weight:** 140 lb

**Instructor Certifications\*:** Aerobics and Fitness Association of America (A.F.A.A.), The Physical Mind Institute.

Nichole is a highly trained certified Pilates and fitness specialist with over 10 years experience in the fitness industry. Nichole is a graduate of the Physical Mind Institute and now runs her own very successful Pilates studio.



### **Aine Baum**

#### **Pilates 3, Buns & Thighs 1**

**Height:** 5-9"

**Weight:** 135 lb

Aine received her B.A. in Theatre Arts with a minor in Dance from UCSC. She is currently working on her M.A. in Holistic Therapy with a specialization in Dance Therapy.



### **Katalina Parrish**

#### **Pilates 1, 2**

**Height:** 5-10"

**Weight:** 125 lb

Katalina is an accomplished actress and fitness model. She enjoys a variety of indoor and outdoor sports and has been featured in Runners World, and Womens Fitness Magazine as well as ESPN Japan for her competitive snowboarding skills. She prides herself in her commitment to health and believes that nutrition and exercise are the keys to living well. With Kataliana's hectic schedule of travel and work she finds it is extremely important to take timeout for herself, she uses Yoga and Pilate's to strengthen, stretch and relax her body and mind.



### **Dawn Livingston**

#### **Step Aerobics 1**

**Height:** 5-7"

**Weight:** 123 lb

Dawn's impressive credentials include a B.A. from SFSU in Radio and Television. She has a long and varied background in music and dance including; Hip Hop, African , Salsa, Brazilian, Belly Dancing and Polynesian just to name a few.



**Michelle Chase**

**Kickboxing 1, Boxing 1**

**Height:** 5-7"

**Weight:** 115 lb

**Instructor Certifications\*:** FITOUR Primary Pilates Instructor, FITOUR Cycling Instructor.

Michelle competed and studied Japanese Karate for about 6 years. An athlete and competitor her entire life, she has ran many Triathlons and competed in Fitness Pageants.



**Sarah Martineck**

**Kickboxing 1, Boxing 1**

**Height:** 5-7 "

**Weight:** 115 lb

Sarah has a Black Belt in Karate. She has competed in many California Tournaments and has trained in many forms; including Hapkido, United Martial Arts, Muy Tai and Kickboxing. She uses Cardio Kickboxing for personal training and workouts.



**Rebecca Rovay-Hazelton**

**Aerobics 1, Cardio Weights 1, Abs 1**

**Height:** 5-7"

**Weights:** 128 lb

**Instructor Certifications\*:** ACE

Certified Personal Trainer, ACE Certified Lifestyle & Weight Management Consultant.

Rebecca Graduated from UCSC with a double major in Psychology and Dance Therapy. Describing herself as a Health Nut her whole life, she has received ACE Certifications and has just received her license in Nutrition. She teaches Hip Hop to Teens and trains a diverse group of private clients.



### **Dana Guidry**

**Aerobics 1, Cardio Weights 1, Abs 1**

**Height:** 5-3"

**Weight:** 108 lb

Dana is a Fitness Instructor, Dancer and choreographer. She is currently training to receive her A.F.A.A. Fitness Certification. Dana's professional accomplishments are extensive from working with NIKE "Get Fit Girl" to teaching at several Sports and Dance Studio's. Her talent has also enabled her to appear in many Fitness Videos.



### **Katie Flinn**

**Yoga 1, 2**

**Height:** 5-8"

**Weight:** 150 lb

**Instructor Certifications\*:** Therapeutic yoga module of the Yoga Teacher Training Program from Santa Barbara Yoga Center.

Katie is an accomplished Yoga Instructor / Therapist who runs her own successful studio. She has also directed Sports and Fitness programs on board the ships of Norwegian Cruise Lines and for the Hotel Del Coronado, San Diego. She has been teaching a variety of classes like Pre/Post Natal Yoga, Yoga for Athletes, and Restorative Yoga.



### **Walt Gonzales**

**Warm-up/Stretching 1**

**Height:** 5-8"

**Weight:** 170 lb

**Instructor Certifications\*:** Certified Personal Trainer from National Academy of Sports Medicine, Certified Personal Trainer from Scirion Institute, Level 1 Track and Field Coach from USATF.

Walt holds a Bachelors of Science degree in Kinesiology from California State University, Fresno. A smart, well educated and serious fitness instructor who believes in adopting a lifestyle of health and fitness. Walt is a much sought after personal trainer.



### **Romy Yoshimoto**

**Yoga 1, 2**  
**Height:** 5-4"  
**Weight:** 130 lb

Romy has been an avid yoga student for the past 6 years. Her many years of dance training in Ballet and Jazz have inspired her passion for Yoga.



### **Janet Schriever**

**Armchair Yoga, Hatha Yoga for Flexibility, Advanced Power Yoga for Strength, Yoga Meditation for Stress, Yoga for Athletes, Lower Body Yoga**

**Height:** 5-5"  
**Weight:** 120 lb  
**Instructor Certifications\*:** Registered yoga teacher with the Yoga Alliance.

Janet is a registered Yoga teacher and has been teaching Yoga for four years. She has studied with Shive Rea, Dharma Mihra and others who continue to be an inspiration to her teaching and personal practice. Janet teaches Vinyasa Yoga to corporate and private clients in Orange County, California.



### **Lucy Wojskowicz**

**Armchair Yoga, Yoga Meditation for Stress, Lower Body Yoga**

**Height:** 5-3"  
**Weight:** 115 lb  
**Instructor Certifications\*:** Holistic Health Practitioner, Licensed Massage Therapist.

Lucy has been practicing Yoga and Sports Massage therapy since 1999, completing her Holistic Health Practitioner studies in 2005. Currently she is the owner of a spa in Laguna Beach, CA, which specializes in massage, skincare, Yoga and Pilates.



### **Allison Tarrasch**

**Hatha Yoga for Flexibility, Advanced Power Yoga for Strength, Yoga for Athletes**

**Height:** 5-4"

**Weight:** 130 lb

**Instructor Certifications\*:** Yoga Works Teacher Training

Allison has been practicing Yoga for 5 years and is enrolled in a teacher training program and is teaching at a Yoga studio in Orange County.



### **Jimmy Willis**

**Military Style Xtreme Cardio**

**Height:** 5-10"

**Weight:** 185 lb

**Instructor Certifications\*:** 7th degree Black Belt in Kajukenbo, and 6th degree black belt in Tae Kwan Do.

Jimmy Willis has trained in Martial Arts for 30 years. He is a 7th degree black belt in Kajukenbo and a 6th degree Black Belt in Tae Kwan Do.



### **Jaclyn Willis**

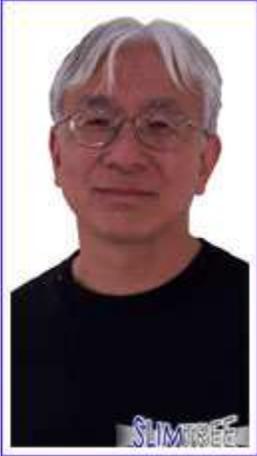
**Military Style Xtreme Cardio**

**Height:** 5-4"

**Weight:** 122 lb

**Instructor Certifications\*:** Black Belt

Jaclyn has trained in Karate for 9 years at Willis Kempo Kung-Fu. She has also been a competitor in national championship competitions, placing first in sparring and second in katas.



**John Cho**

**Kung Fu Style Workout**

**Height:** 5-5"

**Weight:** 195 lb

**Instructor Certifications\*:** Black Belt in Kung-Fu

John Cho, an experienced instructor, has been practicing martial arts for 30 years, and has a Black Belt in Kung Fu.