

Commerce City Recreation: Instructor Bios

Instructor: Bobbi

Fitness Philosophy:
Fitness is about feeling your best, not just looking your best.

Fitness Experience:
I have been teaching Zumba at Commerce City Recreation since 2013.

Favorite Workout: I enjoy taking different Zumba classes from other instructors. It's a good workout and helps me better myself as an instructor.

Fitness Certifications: Zumba

One thing you may be surprised to know about me:
I am a grandmother.

What caused you to make/Fitness/Health/Wellness a priority in your life?

I like the way I feel when I'm being active and making healthy diet choices.



Instructor: Emily

Fitness Philosophy:
My philosophy on fitness is total holistic wellness, mind, body and spirit. To make the entire self well to become a stronger better person in every aspect of life.

Fitness Experience:
I am a master trainer and a group fitness instructor. I have been in the fitness field for four years and have worked with everyone from five-year-old children all the way to senior citizens.

Favorite Workout: My favorite workouts to do on my own are Insanity (high intensity interval training) and BodyCombat (mixed martial arts).

Fitness Certifications: AAAI/ISMA-Personal Trainer, AAAI/ISMA-Life Wellness Coach, AAAI/ISMA-Sports Nutrition Consult, AAAI Master Trainer, AAAI/ISMA-Kids and Teen Fitness Instructor, Insanity Instructor, Tabata Instructor

One thing you may be surprised to know about me:
I worked in child care all my adult life until I got fit myself. A friend told me I should make fitness my career, so I did!

What caused you to make/Fitness/Health/Wellness a priority in your life?

My kids! My youngest child is autistic and I was tired all the time. Not being fit made it harder to meet his various needs. I'm ready to tackle the world now.



Instructor: Jewel

Fitness Philosophy:
My philosophy on fitness is that you just have to start! Wherever you are, you have to take the first step. Just start moving and along the way enlist your family, friends and professionals to keep you motivated.

Fitness Experience: I was always active as a kid and teen. Due to injuries in my early twenties, I became less active because of pain and ended up gaining over 100 pounds. After foot surgeries and rehab, I was tired of being overweight. I didn't look back and started down a new path of wellness. I lost over 145 pounds. I was always in the gym and decided to get certified as an instructor and personal trainer.

Favorite Workout: Bootcamp/cross training style. Go hard and use body weights with bursts of cardio.

Fitness Certifications: AFAA- Group Fitness Instructor, AFAA- Personal Fitness Trainer, SilverSneakers: Classic, Cardio, Splash, Zumba: Basic, Gold, Kids

One thing you may be surprised to know about me:
I lost 145 pounds.

What caused you to make/Fitness/Health/Wellness a priority in your life?

I was overweight, unhealthy, and unhappy.



Instructor: Cairo

Fitness Philosophy:
An individual's ability is relatively fixed, but effort is not. Give everything your all and good things will happen.

Fitness Experience:
My fitness experience consists of group dynamics, small group training, and low/high impact with regard to injury state. Depending on a client's goals, I also do high/low intensity or steady state cardio training. Whatever a client's specific needs are we plan accordingly.

Favorite Workout: Combination of heavy weights, body weight cardio all in a fast paced combination

Fitness Certifications: AFTA- Personal Trainer, AFTA- Core Assessment and Training, AFTA-Men's/ Women's Body Sculpting

One thing you may be surprised to know about me: I enjoy watching the cooking TV station (Food Network).

What caused you to make/Fitness/Health/Wellness a priority in your life?

I strive to help others achieve fitness/health goals so they feel good and get results!



Instructor: Iris

Fitness Philosophy: Fitness is a big part of my life in so many ways. I do not like missing a day, as it has become a state of mind. When I am talking to someone who has not started a routine or is new to fitness, I really let them know how it makes you feel so much better about yourself, how you think clear, and how you're confident mind and body.

Fitness Experience: I have taught classes that focus on step, gliders, bands, cycling, and strength/toning.

Favorite Workout: I enjoy all the workouts I do in my classes because the classes I instruct all contain similar movements as my own workouts at home.

Fitness Certifications: AFAA Group Exercise Certification, Zumba, Aqua Zumba, Zumba Toning, Zumba Sentao

One thing you may be surprised to know about me:
I have a certification in scuba diving.

What caused you to make/Fitness/Health/Wellness a priority in your life?

It makes me feel good because it's something I control at my level. Fitness is something that I like doing for my body and over the years I see the change in different ways. I like feeling my best and knowing that there is no end to it all. There's always a future in health in some way.



Instructor: Leslie

Fitness Philosophy:
You get what you work for.

Fitness Experience:
I have been working out for six years; experimenting with different types of workouts and exercise theories for the past year and a half.

Favorite Workout:
Lifting weights with repetitions to failure. Best feeling ever!

Fitness Certifications:
AFAA Personal Trainer Certification

One thing you may be surprised to know about me:
I love to be at home playing video games.

What caused you to make/Fitness/Health/Wellness a priority in your life?

I was inspired at a young age by actions movies with lead female roles like Laura Croft in Tomb Raider. When I got older I didn't do much exercise because of other priorities. But six years ago I decided to stop making excuses and start making a change for myself.



Instructor: Dacy

Fitness Philosophy:
Do the things today other's won't, so that tomorrow you can do the things others can't.

Fitness Experience:
2.5 years of teaching fitness classes

Favorite Workout: I love working legs!

Fitness Certifications: AFAA Group Fitness Instructor, Yoga Sculpt and Yoga Kids

What caused you to make/Fitness/Health/Wellness a priority in your life?

I have been a fitness enthusiast since high school. I give back to the community by educating and inspiring others to make their health a priority.



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Instructor: Kat

Fitness Philosophy:

Make fitness as fun as possible! I want people to enjoy fitness as much as I do. I don't want to think of fitness as something you have to do, but something you want to do and enjoy.



Fitness Experience: I have been certified as a personal trainer for two years. I have taught HIIT style classes, as well as boot camp classes.

Favorite Workout: I have always loved to swim as my favorite workout.

Fitness Certifications: I have a Bachelor's degree in Adult Fitness/ Exercise Science. I have an American Council on Exercise Personal Trainer certification as well as Silver Sneakers certification.

One thing you may be surprised to know about me: I am kind of a nerd. I have a huge Harry Potter obsession.

What caused you to make/Fitness/Health/Wellness a priority in your life?

I have been a swimmer growing up my entire life so fitness and health has always been important. I went to school to continue learning about how to help people become more knowledgeable about their health.

Instructor: Lacey

Fitness Philosophy:

My philosophy in fitness is to strive for progress, not perfection. Yoga is a journey, and you must be open to learning something new every time you get on your mat! Be consistent, try your best, and see what happens!



Fitness Experience: I have only been teaching yoga for six months, but it has been an incredible experience so far. I'm looking forward to learning and growing as an instructor.

Favorite Workout: When I'm not doing yoga I love to go hiking. It's a great workout, plus it comes with a view. Throw in some wildlife, and I'm a happy gal!!

Fitness Certifications: I'm currently certified through Yoga Alliance. I received my 200 hour yoga teacher training through Sacred Space Yoga School in Greeley.

One thing you may be surprised to know about me: Most people are surprised to learn that I used to be a pastry chef. Needless to say I went in a different direction, but I still love dark chocolate.

What caused you to make/Fitness/Health/Wellness a priority in your life?

I have always valued the importance of living a healthy lifestyle. However, after learning that I have Celiac disease, my desire to promote wellness has only increased. I decided to become a yoga instructor, and it has been the best decision I could have made. Yoga keeps me healthy and happy, and I love being able to share that experience with others.

Instructor: Laurie

Fitness Philosophy:

I believe that we all have some control over our health and fitness. Positive attitude and willpower are strong tools and I hope that by being a fitness leader, that I can instill that belief in others. I try to be a role model by living what I try to teach (exercise and healthy diet). I can help others believe that they can play a very important part in the longevity of their lives. There are obstacles, yes, but an overall positive attitude and lifestyle will be a positive part of any negative experience. "Say I can do it!" is a motto I live by.



Fitness Experience: I was certified and began teaching fitness classes almost 4 years ago.

Favorite Workout: I love sports, especially running, and have always loved weight training and trying new workouts. Volleyball has been my biggest sport besides track and running.

Fitness Certifications: AFAA-Group Exercise Instructor and SilverSneakers Certification

One thing you may be surprised to know about me: I love old black and white movies. *The Thin Man* and *Gone with the Wind* are my favorites, in addition to anything with Lana Turner and Jimmy Stewart. Also, I'm a crazy neat freak!

What caused you to make/Fitness/Health/Wellness a priority in your life? It seems I've always put fitness and health as a priority. I just always felt better working out. I think having stress in my life motivated me to run and workout. It clears my head and I always feel more in control of situation that arise after a sweat session.

Instructor: Stephanie

Fitness Philosophy:

My philosophy on fitness is that fitness is life!



Fitness Experience: I've been exercising for as long as I can remember from competitive swimming to basketball and now personal training and group fitness classes.

Favorite Workout: Personally I like any kind of work out as long as I get to dance!

Fitness Certifications: I currently have all my Zumba certifications except for step; Bokwa Fitness and looking towards getting my AFAA in group fitness and ACE and NASM certification in Personal Training.

One thing you may be surprised to know about me: Something people would be surprised to learn about me is that I am very shy to begin with and when you get to know me I break out of my box. I also speak Spanish.

What caused you to make/Fitness/Health/Wellness a priority in your life?

I have always been active, so fitness was just something I like to do, so I made it a way of life.

Instructor: Sylvia

Fitness Philosophy:

Keep fitness fun, do the things you enjoy.

Fitness Experience:

12 years as a group fitness instructor

Favorite Workout:

Kickboxing and Cycling

Fitness Certifications: AFAA-Group Exercise Instructor

One thing you may be surprised to know about me: I speak fluent German

What caused you to make/Fitness/Health/Wellness a priority in your life?

The overall feeling of well-being.

