

## Get to Know our GROUP FITNESS Instructors!

### **Tracie Bjoin:**

I currently teach Zumba at the MGC. I started teaching Zumba in December of 2013 and love every minute of it. With hard work in the gym and on my diet, I was able to lose the 65 pounds I gained with the birth of my children - TWICE! This is when I fell in love with Zumba Fitness. It is such a fun workout. I can smile, sing, dance and sweat, not even realizing an hour has passed and I just got in a great workout! I grew up playing sports on the college level, then recreational after graduating with my degree in Marketing. My biggest passion is coaching high school Track and Field in San Tan Valley as a volunteer for the past 5 years. It gives my heart so much joy to help others reach their fitness goals while maintaining my own!



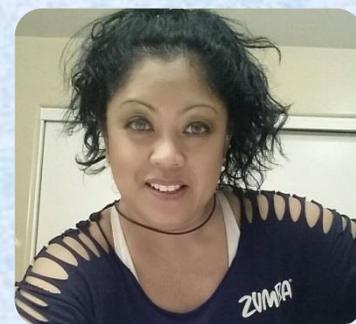
### **Avette Torrente-Warrior:**

My top interest in life is choosing to be HAPPY. I love life and every day that I can open my eyes is a blessing. I'll dance all the time if it will help make the earth a better place – with my matching headbands of course. I love anything sparkly, glittery, pink and sassy; this also describes the jewelry that I make. I have a Karaoke machine which I love to sing with and be the life of the party. I'll DJ yours if you'd like me to!

I have been a certified ZUMBA Fitness Instructor for 3 years now and have been teaching Line Dancing, Basic Ballroom and Salsa since 2006. In 2007 I set a goal "Fit @ 50" – lose 50 pounds in 4 years. I quit smoking and started ZUMBA as a non-strenuous cardio exercise. In 2011 decided I wanted to teach ZUMBA and share my talents with folks of all ages and abilities.

I am Filipino, born and raised in the Philippines, but have been a US citizen for 35 years with my husband and 2 beautiful children. I am obsessed with spa facials, flamingos and shopping. I love to find a good sale and am very knowledgeable about all the malls in the area.

My personal quote: "If I bling, I help make the Earth sparkle".



### **Mimi Judah:**

As a retired Physical Education teacher, I believe that continuing to challenge your body with strength training and cardiovascular conditioning is vital to living a healthy, active life. The majority of people will need to put extra time into staying fit, something beyond the daily routine of life. I live what I teach, enjoying over 60 years of health. Paddle boarding, surfing, racquet sports, biking, hiking, and fly fishing are just a few things of the things I actively love to do, and can, because I continue to push myself to stay fit. It is my passion to help my participants do the same!



**Grace Guilfoyle:**

My passion is being outside in our beautiful Arizona desert. Camping, backpacking, Stand Up paddling, hiking and swimming are some of the activities that I really enjoy. Yoga is definitely one of my callings and my students (I think) would agree. I feel so comfortable teaching and consider the AJ MGC my second home. My husband, 15 yr old son, Father-in law and my blue Pitt bull/ bull mastiff mid keep me very busy when I'm not teaching classes or at my massage studio.



**Tara Edlund:**

My interests are being outside, camping, hiking, and kayaking. I enjoy doing Yoga and going to the gym away from my regular job. I love helping people. I've been teaching for 11 years; I got into it after a motorcycle accident left me in a wheelchair with the possibility of never walking again. I became a student and loved the physical, mental, and emotional benefits of it. I then went out and got certified, which goes along with my other job being a massage therapist- I enjoy helping others and understand pain and limitations.



**Gloria Brancaccio:**

After several decades in various types of full-time jobs, in 2014 I was able to switch to part-time work and began my fitness teaching career. I'm certified and licensed to teach as a Group Exercise Instructor in various formats, as well as holding a Personal Trainer certification. My favorite classes to teach are evening Water Fitness classes during our hot summer months. However, I love all of the classes I teach and training people of all abilities to become and stay active. My teaching style is fun, easy-going, making it easy for everyone to enjoy getting a workout. Just seeing people smile and laugh in my classes are key ingredients to connecting with participants in their wellness journey. I've had the privilege of teaching various classes with participants ages 15 - 92! I understand the challenges of physical limitations, disease management, as well as losing and maintaining weight loss; successfully losing 90+ pounds myself. You could say I'm passionate about staying healthy and active, and hopefully I'm able to impart some of that to my clients. I love spending time with my family, good friends, and Christian church community! I enjoy bike riding, swimming, camping, road trips, cruising, laughing, naps, healthy cooking (and eating!), good coffee, and reading. Someday I plan to visit Greece, Spain, Portugal, and perhaps Japan.



**Bill Cartmell:**

In addition to learning and teaching Tai Chi, I enjoy studying the other Chinese internal art of Qigong and traditional Chinese medicine. I am a writer and I am finishing up my first fiction novel. I enjoy hiking and visiting the many archaeological parks throughout the southwest. I am a music lover with an extensive collection of music and I enjoy going to see a band or musician play live.

I have been teaching at the MGC since 2006, but I have been teaching Tai Chi and Qigong for fifteen years. I started learning Tai Chi twenty-five years ago for stress relief due to a very demanding job doing accounting and finance and have been hooked ever since.



**Catherine Moreau:**

My interests are: reading, camping and hiking. I also enjoy shopping with my little girl, she's the best shopping partner ever...

I fell in love with Zumba fitness 2 years ago. I have never felt more in shape or more confident about myself! I have been a licensed Zumba instructor since May 2015. I have great mentors; from Avette to Tracie and I can't thank them enough. That's the great thing about being in the Zumba family; you take others underneath your wings. I am so passionate about Zumba, it is the greatest outlet to let loose and have fun! It incorporates music, dance and fun. Warning: Zumba is highly contagious and once you start you cannot stop! It is for everyone, all ages, all backgrounds and both genders!

I have an awesome family; they are my strength, my support. They let me be me! Balance is something that is really important to me and even though I'm a work-a-holic, I think it's always important to make time for those you love and make sure you enjoy life's simple pleasures.



**Erin Harral:**

Over ten years ago, I realized that my obesity was negatively affecting my health and my outlook on life so I took up exercise. With the help of martial arts and Zumba dance, I lost 70 pounds! Exercise changed my life so much that I have since earned my license to teach Zumba and my certifications in personal training, corrective exercise, and group exercise. I love to learn and to share with others. My other interests are kung fu, language and adventure! I hope that every day we can rediscover the magic of fitness together!



**Rashell Brinkerhoff- Ovalle:**

I started taking group fitness classes (Zumba and kickboxing) after having my first child back in 2008. After being a student for many years I decided to get licensed in October of 2016 in Zumba and Pound. I have added many licenses and certificates over the years and I love all of the knowledge that each of the trainings has given me. My interests outside of teaching include spending time with my family, traveling, and reading.



**Deb McClarnon:**

I got into yoga to address lower back pain and find a natural solution to recover. Once I tried yoga, I knew I had found the answer. In addition to healing my back, I also found balance, flexibility and peace of mind I did not have before. I am now 500 hr. RYT with training in Healing Emphasis Yoga. I love teaching yoga to all levels and making it accessible to everyone. I love hiking and exploring all the natural beauty of Arizona.



**Cari McMinn:**

I sub boot camp/HIIT style fitness classes and teach a fitness class for older active adults at the MGC. I graduated from ASU in 2000 with a Bachelor's degree in Physical Education. I taught P.E. for Mesa Public Schools from 2000-2005. I am passionate about engaging in outdoor adventures and total mind and body wellness. I am married and have three adult children. My interests include hiking, running, strength training and nutrition. I make sure to always have a future race, adventure or challenge on the calendar to keep me motivated and training.



**Danielle Sanders:**

I am a group fitness and yoga instructor. My husband and I made AJ our home in 2018 and absolutely love it here! We are a very active family of 5 and local business owners. We have a family owned apothecary specializing in all-natural solutions for cleaning, health care and overall wellness. Our family enjoys the outdoors; hiking, paddle boarding and swimming are some of our favorites and you may run into us at our local skate park too! I love fitness and being active in my community. I look forward to meeting all of you at our amazing Multi-Generational Center.



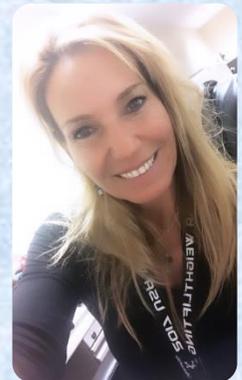
### **Steve Spence:**

After spending many years engaged in endurance sports and employed in the trades, first as an automotive technician, then as a construction worker, I noticed a reduction in my ability to move painlessly and smoothly, physically recover from injury, and stay active for extended periods of time. Therefore, in 2005, after an injury which left me unable to move my head from side to side more than a couple of degrees, I attended my first yoga class. Although the sore neck persisted for several months, I knew that I had come home to yoga when introduced to Ardha Kapotasana during that first class. From my experiences while teaching yoga during the last ten years, the goal of yoga, if there is a goal, is to transcend the physical realm through the physical experience. With this being said, I received 200 Hr. YTT through Inner Vision Yoga and taught for that studio at a satellite location until a new job demanded I work during the regularly scheduled class. Presently I teach classes which are generally a gentle flow or Yin-like (Yinnish) class, as well as chair yoga. I originally taught a vigorous power flow style, with emphasis on core strengthening, flexibility and attention to safe transitions. Age has reminded me of the prudence of listening to the class participants' (who tend to be middle aged and senior citizens) needs, as well as my own, thus I have refined my personal practice as well as teaching to allow simpler yet highly efficient transitions, thereby allowing more time to sink into any particular pose without sacrificing the number of poses required to insure a thorough body conditioning. I have also taught Yogalates on an "as needed" basis, and have an extensive background with Pilates, having participated in both for several years.



### **Wendi Glisson:**

6 plus years as an instructor here at the MGC, my 1st ever coaching job.  
15 years living in the great state of Arizona getting to work with some of the finest people around.  
Cat owner and lover of all animals.  
Athletic since I can remember.  
I started slalom skiing at the age of 5; played all the sports but prefer individual over team.  
Currently I am training and competing in CrossFit where I have managed to podium several times both on a team and individually.  
I bring some of that "constantly varied fitness" to my classes so folks of any age can benefit from the training.  
I am here to help you with your goals meet you where you are at and support you through it all. It is my pleasure to serve our fitness community.



### **Sonya Chamberlain:**

I have been teaching and working in fitness for 6 years. Since I was a child, I have always been athletic and was always involved and participated in a variety of sports as well as dance. My dance background started at a young age and I fell in love with it a soon as I was introduced. I also danced for a company called "Power Source" and it was there that I decided I wanted to teach. I really enjoy instructing aerobics and other group fitness classes such as Zumba along with dance classes such as Latin, hip-hop, and modern. My interests are group fitness, hiking, and dance.

