

# MEET OUR GROUP EXERCISE INSTRUCTORS



Christy Leimkuehler has been a certified NASM personal trainer and group exercise instructor since 2008. She spent the early part of her career working in Denver, Co, specializing in adult and youth sports training. She is certified to teach strength training to all ages, bootcamp, TRX and is currently teaching Women on Weights and Senior Fitness here at the Westlake Rec. In her spare time she enjoys reading and spending time with her family and friends.

Jenni Aerni has been a Group Exercise Instructor for over 14 years and has been teaching at the Westlake Recreation Center since 2007. She is certified to teach classes in strength training, cardio and core. Jenni is also, a certified Spin/Cycle and Silver Sneakers Instructor. In her spare time she loves to golf, travel and be with family.



Traci Lundell moved here from Chicago three years ago. She has been a certified Group Fitness Instructor since 2012, Certified from Athletics and Fitness Association of America (AFAA). She is licensed to teach Zumba, Zumba Gold, Aqua Zumba, Zumba kids, Zumba step and Strong by Zumba as well as silver sneakers classic. She is currently teaching Zumba Gold, and silver sneakers classic classes at Westlake rec center. She has a husband and three children that keep her very busy. She enjoys golfing, swimming and watching her husband's band play.

Beth Patterson is a yoga instructor at Westlake Rec. Her yoga journey went from student to teacher in 2015. With a Master's in Psychology and certification in Mindfulness Meditation, yoga and meditation are combined in order to develop a deeper awareness of our mind, breath, and body both on and off our mat. She is certified in Kids, Seniors including Silver Sneakers, and Yoga Flow. In her spare time she enjoys hiking, kayaking, and spending time with her family and labradoodle Bailey.



Sandie Young teaches spin every other Wednesday evening, and subs throughout the week too. She became a certified spin instructor through Mad Dogg Athletics in June, and has been spinning at local studios and gyms for over a decade. Sandie is also a full-time Marketing Director at PR 20/20 in downtown Cleveland. In her spare time, you can often find her on a yoga mat, reading a good book or enjoying a glass of red wine.

Jean Nickels has been teaching exercises classes since the Westlake Rec Center opened in 1998. She is certified by American Fitness Association and Mad Dog Spinning and has taught of variety of classes over the years including body toning, aerobics, boot camp and Spinning. She currently teaches Group Cycling classes at the Rec Center. In her spare time, she enjoys hiking, reading and spending time with her family.



Ann Lew (PT, RYT, CYT) has been teaching yoga since 2010. She teaches many classes including Yoga Flow, Slow Yoga Flow, Yoga Basics, and Chair Yoga. After pursuing a career as a professional ballerina in her young adulthood, working for many years as a physical therapist, and then leading faith formation classes for children, she settled in to teaching yoga. In her free time, she enjoys spending time in nature, hiking, skiing, reading & being with my family. She lives in Westlake with her husband, Michael, and three children.

Mary Szabo is a life-long fitness enthusiast. She retired in 2014 after 30 years as an elementary school teacher in Cleveland. It has been her dream to combine teaching with her love of fitness. She became a yoga teacher in 2015. She truly enjoys sharing this beautiful practice of yoga with you.



Sherry is a Certified Yoga Teacher. She earned her 200-hour Yoga Certification in March 2010. She has been teaching yoga and fitness classes since 2010. Sherry lives in Westlake, Ohio, with her husband and teenage son. She enjoys practicing (and teaching) yoga, playing tennis, walking for miles on end while listening to books and anything else related to health and fitness. Sherry regularly teaches Lift and Ride on Saturdays at 8:00 a.m. and Yoga Core everyone other Sunday at 9:00 a.m. at the Westlake Recreation Center.

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Tony Jones joined the Rec Center when it first opened in 1998. Although his professional career has been a commercial photographer, he has always been an avid sport participant.

For eight years he held the position of the Vice President of Boy Scouts for the Cleveland Council. He sat on the Recreation Commission for approximately eight years. His love for the center converted to his position as a fitness instructor and front desk personnel. He is jointly responsible for bringing Cycling classes to the center and has been certified and teaching for eight years ago. Additionally, he shares that instruction time with Silver Sneakers, invigorates active agers.



Carlie Jones is an AFAA Certified Group Exercise Instructor with specialty certifications in Barre Fitness, Jazzercise, Hip-Hop Aerobics, Sunrise Yoga, Yo-Chi, Circuit/Resistance Training, Step Aerobics, and Senior Fitness. She currently runs her own Group Exercise Events Service and teaches at multiple facilities in the area. When she's not running after her four kids, she's researching new formats and exercises so she can offer unique, fun, and challenging classes. She draws a lot of inspiration for her classes from her background in competitive dance and music.



Deb Paul (M.S.Ed., Exercise Science) has been an active voice in the health and fitness industry for over 20 years. Deb Paul is certified in a many modes of exercise including but not limited to: strength and conditioning, core strength, basic yoga, group cycling, TRX, HIIT, etc. She also holds a Bachelor's and Master's degrees in Exercise Science. Deb lives in Westlake with her

husband, three teenagers, two dogs and two cats. She works as a research coordinator for the Cleveland Clinic studying exercise and nutrition in a Pathobiology lab.

Angela Z. is certified as a Personal Trainer by The American Council of Exercise. She has been teaching here since 1999. Her certifications include weight training, kickboxing, and any type of bootcamp class, like TABATTA and HIIT (High Intensity Interval Training).

She has been married to her college sweetheart for 28 years and has a daughter and two sons. She enjoys participating in many sports, particularly snowboarding and golf. Her favorite travel locations are the Cinque Terre in Italy and Lake Chautauqua.



Ann Marie has been teaching fitness classes for 20 years. She is certified through the American Council on Exercise as a group fitness instructor and personal trainer. She is also a certified Spinning instructor. Presently, Ann Marie teaches group cycling, step aerobics, and body sculpting. When she's not instructing classes, Ann Marie works as a policy analyst and enjoys staying active with her three kids.

Vikki Barone has been a health and wellness professional for over 15 years. She is certified to teach many different classes, but her passion is for yoga and Pilates. She enjoys working with all types of people and tries to make class fun for everyone! Her hobbies include running, baking, and exploring the CLE.



Jen Callahan received her Spinning certification from Mad Dogg Athletics after taking cycling classes for 15 years. She also teaches Muscle Conditioning classes that focus on all-levels strength training. Jen enjoys getting lost in mystery novels, attending shows at Playhouse Square, being an aunt, and vacations to the Outer Banks with her 3 dogs.



Chris has been teaching group fitness for 21 years, and has been part of the Westlake Rec Center fitness staff since it opened! She currently teaches PiYo LIVE here on Saturday mornings, but is also certified to teach sculpt/toning classes, group cycling, TRX, yoga, Pilates, Barre and Silver Sneakers. She and her husband Jim have been married for 33 years. In her spare time she loves to spend time with her four adorable granddaughters!



Angela Wanhainen has her BA in Physical Education and Corporate Fitness. She is an AFAA certified Group Exercise and Personal Trainer. She is also certified in Silver Sneaker Fitness and Classic Yoga. Come check out her awesome Silver Sneakers Classic class here are the Westlake Rec!

