

# presenter biographies



**DOMINIQUE ADAIR, MS, RD**, is a private-practice nutrition and fitness advisor, public speaker, educator, media consultant, and freelance health and nutrition writer. Since 1990, she has been helping people achieve good health via the fusion of nutrition and fitness. Dominique's unique experience combines physical activity and nutrition in the pursuit of the whole healthy individual.



**THERESA AMAYA** Director of Human Resources for Omni La Mansión del Rio and Watermark Hotel & Spa. She combines more than 15 years in human resources with over 10 years experience in the fitness industry as a group exercise instructor, including studio cycling. Theresa is a graduate of the University of New Mexico, with a degree in Organizational Learning and Communications.



**JULIANE "JULZ" ARNEY**, specializes in simple systems that produce great moments in group exercise! She is a dance-fitness expert, Lead Master Trainer for Schwinn® Cycling, author, business consultant, star/creator of multiple video productions, and a committed student of Yoga.



**CINDY BACHICHA** As the Regional Member Service Director for Spectrum Athletic Clubs in San Antonio, Texas, Cindy oversees the customer service and family programming for 11 Spectrum locations. With extensive experience in high touch customer environments, and 12 years of experience in service and club programming, Cindy hopes to renew your motivation to serve members and clientele.



**MELISSA BAUMGARTNER** is owner of Midwest Fitness Consulting, LLC; a company that specializes in worksite health promotion and the creator of LWC; a Lifestyle Wellness Coaching training program. She is a certified personal trainer, and wellness coach.



**LESLEE BENDER** is the founder of The Pilates Coach and The Bender Method of training. Leslee, a 25-year veteran of the fitness industry, has produce over 25 DVDs and has been published in a host of fitness publications, including IDEA and the Journal of Applied Research.



**LAWRENCE BISCONTINI, MA**, won Instructor of the Year Awards from ACE, IDEA, Can Fit Pro, and Best Mind-Body Presenter for ECA. Lawrence serves on the Editorial Advisory Board of Fitness Magazine.



**JAY BLAHNIK** is a former IDEA Fitness Instructor of the Year, a NIKE sponsored athlete, the Spokesperson and Education Consultant for Nautilus, and the star of over 17 fitness videos, as well as a critically acclaimed author and speaker.



**DOUGLAS BROOKS, MS**, is the consulting exercise physiologist of product research and development for several fitness companies. He is the author of six major texts and numerous manuals and articles relating to personal training, exercise physiology and strength training. He shares his conditioning expertise with motocross racers, downhill skiers and high school baseball players.



**TJ CARTER** is an innovative Human Resources professional with experience in multi-unit and multi-state operations in retail, financial services, telecommunications, insurance, real estate and fitness. Former Senior Vice President of Human Resources for Gold's Gym International she has been an effective leader and change agent, with a unique capacity for building successful business relationships.



**JOSH CROSBY** is the ACE Certified creator of Indo-Row. Indo-Row has been featured in The New York Times, Los Angeles Times, Men's Journal, Shape, on CNN and onExtra! Josh is a multi-sponsored Ironman triathlete and world champion rower.



**LEIGH CREWS** is a Licensed Corporate WellCoach and the owner of Think-GPS™ Adventure Training and DYNALIFE, Inc., developing consumer and instructor education programs. Leigh is certified by ACE, AFAA, ACSM, and White Lotus Foundation and is a Yoga Alliance Registered Yoga Teacher.



**MARCELO EHRHARDT, BA** is the group fitness recruiting manager and area group fitness manager for Equinox Fitness Clubs in Chicago and Florida. He has developed signature group classes for Equinox, including CoMMotion!, BODYformula and eLement! His honors include: "Best New Class 2004" by New York Magazine and features in a host of print and broadcast media. Ehrhardt is a regular fitness presenter at ECA and AFPA.



**CHRIS FREYTAG** a fitness educator for over 15 years, has appeared in numerous fitness videos and is the author of Move to Lose. Chris is a fitness expert for ShopNBC, Prevention Magazine. She is a master trainer for SPRI Products and certified by ACE YogaFit® and Stott Pilates.



**GAY GASPER** is a featured star of many fitness videos; she serves as the aerobic director at Planet/Image in Union, NJ. Also one of Comcast cable's 5 star trainers, she is a member of the BOSU® development team and is a CEC provider for SCW, ACE, and AFAA.



**JAMES GEKKO** is a Master Trainer for both Nautilus' Schwinn® Cycling and Circuit Training Programs. He is a certified Program Director, Group Fitness Management Specialist, and holds numerous training certificates in land and water fitness programs.



**ROB GLICK** International Presenter of the year (CanFitPro) and Best Male Presenter (ECA) is also a Star Trainer on Exercise TV. He a master trainer for Schwinn and BOSU, holds a B.S. in exercise science and is a continuing education provider for both ACE and AFAA.



**LISA GORSLINE** is the President/General Manager of the Corpus Christi Athletic Club. Lisa is a regular presenter for both IHRSA and THRSA, she also serves on the board of directors for THRSA as the Chairperson. Lisa has been in the health/wellness industry for over 23 years as an Instructor, SalesPerson, Sales Manager, and now in Management.



**LESLIE GROSSHAUSER** is the National Director of Group Exercise for XSport Fitness. She has over 25 years of experience in the fitness industry. She was a National Aerobic Champion and has presented Nationally and Internationally for FreeMotion Fitness.



**JENNIFER HALL** Is a fitness professional, dancer and choreographer who has a true passion for movement. She had the pleasure of working with Grammy-winning choreographers Jamie King and Wade Robson, has choreographed for major television productions including So You Think You Can Dance, and has performed on stage with popular recording artists including Beyoncé Knowles and Jay-Z. She is the Lead Master Trainer for Balletone and Core Rhythms Live.



**NATALIE HECKERT, BS**, is the inventor of the NATS Total E Fit. She also founded the Alexandria Technical College 2 year Health & Fitness Specialist Degree, is an Adjunct Professor and is on the Advisory Board.



**DAN HELLMAN** holds a Master of Science in Physical Therapy, is a certified athletic trainer and one of the C.H.E.K Institute Faculty. He combines all aspects of his training when working with clients at his clinic in Fort Lauderdale, FL.



**CHERRY HERZOG** Peak Pilates® Trainer is a life-long fitness enthusiast and teacher. Her background includes instruction in aerobic dance, step, kickboxing, weight training and Pilates.



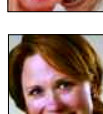
**CECIL HIGHTOWER** is the Director of Personal Training & Vice President of Systems Analysis and Integration for the TELOS Fitness Center & TELOS Consulting in Dallas, TX. He has been named one of America's 100 best trainers by Men's Journal and one of the top five trainers in Dallas by D Magazine. He is an accomplished author and speaker, most notably for Inform Magazine and the Cooper Institute. Cecil has developed and implemented successful Personal Training organizational systems for the last 10 years.



**JANICE HUTTON** is the Director of Specialty Markets in the Education division of Twist Conditioning Inc. With over 20 years experience in the fitness industry, Janice is an active personal trainer, fitness instructor, conditioning coach, and provides leadership to sport coaches in Ontario as a Master Learning Facilitator in the NCCP programs.



**JUNE KAHN, CPT** is the founder of June Kahn's Bodyworks, LLC, Professional Fitness and Pilates Training in Boulder CO. A member of the SCW Fitness Education Faculty, June appears in numerous fitness DVD/Videos. June is an ACE, AFAA & ACSM Certified Health Fitness Instructor.



**KAREN KIRBY** is the owner of Health Style Services, a firm specializing in consulting for small to medium sized companies. Karen has her MBA from The University of Texas in San Antonio, 25 years in the fitness industry, holds professional certifications from ACE, NASM, NSCA and ACSM.



**SARA KOOPERMAN** is the owner of SCW Fitness Education, and the founder of the MANIA conventions. She appears frequently on CNN as a Health and Fitness Expert, is a lecturer for ACSM and NASM, and is the proud recipient of AEA's Global Award for Contribution to the Aquatic Industry. She is the Fitness Editor for Oxygen Magazine and CEO of Les Mills Midwest.



**SANDRA KOULOURIDES, MS, RD**, has degrees in both nutrition and fitness. She worked for ten years as a clinical nutritionist and has taught group exercise classes for over twenty years. She owns Fuel and Fitness, a nutrition and fitness counseling business based in Birmingham, Alabama.



**STACEY LEI KRAUSS** has over 19 years in the fitness industry. She is a Nike Elite Instructor and Power Bar Athlete, as well as a master trainer for Nautilus Institute, BOSU® and Peak Pilates® MVe™.



**MELISSA LAYNE MS, ED** has served as a group fitness director for Cruise Lines, Sportslife and Bally. She is a faculty member of North Georgia State University. Melissa is certified by ACE, AFAA, AEA, SCW, as well as the state of Georgia as a Health and Physical Educator for grades K through 12.



**BUDDY LEE** Train with a US Olympian, the world's leading jump rope conditioning coach. Learn his system featured on national television, used to train 50 Olympic Gold medalists. He is the president of Jump Rope Technology, and founder of the Jump Rope Institute.



**BRYAN LEPLEY** is the Director of Personal Training for BodyBusiness Health Club and Spa at Davenport Village in Austin, TX. He has been training since 1992 and holds certifications from both ACE and AFAA. Bryan was also a Master Instructor for Team Spinning and is currently a Master Instructor for Johnny G's new program: Cranking.



**CHRISTINA LEON** is the creator of the Colorized Wellness Concept and Co-Founder of Athlekinetix. Christina is trained in indoor cycle, Yoga, BOSU, AquaFit, Pilates and Kickboxing and is CPT through NASM, AFAA, and NCSF.



**JEANETTE LINTZEN** has been leading popular fitness classes in the North Dallas area for the past eight years including the world renowned Cooper Aerobics Center. Jeanette has earned several specialty certifications while diversifying her talents in many areas of fitness. AFAA, CIA CPT, NASM, SCW Pilates, IFTA, Cooper Nutritional Cert., ACE.



**ALI COOPER LUCAS** While wearing leg warmers at age 5, her first business was selling t-shirts at her mother's aerobics studio. Ali is the Assistant Manager and Marketing Director at BodyBusiness Health Club & Spa in Austin, Texas. Ali is also the THRSA Assistant Director and an ACE Certified Personal Trainer.



**JIM MARTIN** is President of Powerful Promotions, a company that is dedicated to helping clubs obtain and retain members. Jim is a national sales consultant in our industry, which keeps him grounded in our industry. Jim has been recognized on the covers of two prominent industry magazines (CBI & Club Success) for his marketing and sales contributions.



**IRENE MCCORMICK, MS, CSCS** is a group fitness instructor, consultant, author and Personal Trainer. Certifications include ACSM H/FI, ACE Group Fitness, Personal Trainer and Lifestyle & Weight Management, AFAA Primary, Step and Weight Room and National Strength & Conditioning Association CSCS, as well as several specialty certifications in Pilates mat, cardio kickboxing, Moms in Motion, Kids in Motion and group cycling



**JEFF MCMULLEN** is a personal trainer and the Group Exercise Director of Bay Club Marin in Corte Madera, California. Jeff is a master trainer for CorePole™, Gliding™ and BodyRev®; Lululemon Ambassador; is a member of Sunshine Fitness Resources; and is certified through ACE, ACSM, AFAA, and NASM.



**TRICIA MURPHY MADDEN**, Founder and CEO of Urban Striptease. Tricia is a former health club owner and current group fitness director. She is the star of 4 nationally acclaimed exercise DVDS.



**MARIETTA MEHANNI** is an award winning Australian presenter (Aqua Exercise Leader of the Year 2003, Author of the Year 2007) with over 18 years of teaching experience in both land and water based group exercise.



**MICHELE MELKERSON-GRANRYD, Med** is the General Manager for BodyBusiness Health Club & Spa at Davenport Village in Austin, Texas. In addition to her current position at BodyBusiness, Michele is the Executive Director for THRSA (Texas Health, Racquet & Sportsclub Association) and is an adjunct instructor for Austin Community College.



**KIM MILLER** is a certification specialist, continuing education provider and the Director of Continuing Education Providers for AFAA. She is known for her smooth approach to building choreography.



**MINDY MYLREA** is a Can Fit Pro International Presenter of the Year, and an International IDEA Instructor of the Year. Creator and lead talent behind Gliding™, Mindy is a Master Trainer for Schwinn® Cycling and BOSU®.



**RYAN OVERTURF** Personal Trainer and Massage Therapist is currently the Vice President of Business Development and Education for Telos Consulting and the Assistant Director of Professional Training for Telos Fitness Center. He holds a Bachelor of Science degree in Exercise Science from the University of New Mexico. Ryan continues his studies in anatomy, bio-mechanics, physiology, kinesiology, and human performance and is certified by ACSM.



**SHAWN PATTON** is currently Senior Account Executive with efi Sports Medicine. Shawn has held numerous VP level positions in sales since graduate school. Shawn's signature style of "missionary selling" has led to his success and national recognition as one of our industry's leaders.



**LORI PATTERSON** co-owner of Midwest Fitness Consulting, LLC, is the creator of the Boot Camp Challenge® program. Lori has trained over 300 troops and cadre while serving in the U.S. Army, becoming a Master Trainer/Specialist for AFAA and an ACE faculty member.



**DEBORAH PUSKARICH** With over 17 years experience, Deborah has earned "Group Exercise Instructor of the Year" from the Cooper Fitness Center, Dallas, and received "Ambassador to the World of Fitness" in England. She stars in over 8 fitness DVDs.



**JANI ROBERTS** is an International Education Specialist for Zumba®. She is a Nationally Certified Personal Trainer & Aerobics Instructor with 25 years teaching experience.



**KELI ROBERTS** is the recipient of the IDEA International Fitness Instructor of the Year award and is known world wide for her award winning videos, books and training seminars. A BOSU Developmental Team Member and a Schwinn Cycling Master Trainer, Keli is an inductee into the National Fitness Hall of Fame.



**LAINA SCOLNICK**, is a licensed Physical Therapist with a specialized treatment focus on women's health issues. She developed PeggPower and introduced Gymstick in the Denver area. She is a graduate of the University of Melbourne, Australia, in Physical Therapy. With 9 years industry experience, she is also a Pilates and Fitball Instructor.



**DARYL SHUTE, MS, CSCS** has lead the education departments for ISCA, Resist-A-Ball, and now Power Systems Inc. Daryl holds a bachelor's and a master's degree in exercise physiology, and he is a Certified Strength and Conditioning Specialist with NSCA. He is a CEC provider for ACE, ACSM, AEA, AFAA, NASM, NATA, and NSCA.



**WADE SPENST, M.S.** Worked for 2 years as a strength and conditioning coach for Texas A&M. He has experience as fitness director, club planter, and successful club owner. Today he consults and performs reviews for private health clubs.



**KIMBERLY SPREEN** is the National Group Fitness Director for Life Time Fitness, a premier 'healthy way of life' company that operates over 80 centers across the US. She is one of Exercise TV's Star Trainers, a professional fitness consultant with Global Fitness Solutions and has led several popular exercise videos.



**MARK STONE** is one of the teaching faculty for the C.H.E.K institute as well as a presenter with Team CHEK. For 6 years, he also lectured as an instructor with Nike Personal Training Education Program. Mark is co-owner of North Shore Smart Bodies, a specialized training clinic in Northbrook, IL.



**MANUEL VELAZQUEZ**, is an AFAA Team Pro, an AFAA Examiner, and a faculty member for ACE, AFAA, AEA, SCW and ISAT certified. He is the owner of his own fitness facility called Optimus Health Club in Puerto Rico.



**JULIE WILLIAMS** has a background in dance with more than 20 years of body movement experience. She has been comprehensively certified in the Pilates Methodology through internationally recognized companies such as Power Pilates of New York and Peak Pilates of Boulder Colorado. With numerous anatomy, physiology, and kinesiology courses Julie is also Gold Certified through the Pilates Method Alliance. She is qualified as a Peak Pilates Certified Trainer administering comprehensive certification programs nation wide.



**ADAM WOLF**, is a Physical Therapist, earned a Master's of Science degree in Health Sciences with a concentration in Physical Therapy from The George Washington University; as well as a BS in Exercise Science from the University of Kansas. With over 12 years experience in the fitness and rehabilitation industries, he currently is the director of an outpatient orthopedic physical therapy clinic in Chicago.



**CHUCK WOLF, MS** has a Masters of Science Degree in Exercise Physiology. He presently is the Director of Human Motion Associates, in Orlando, Florida, consulting with clients ranging from rehabilitation patients to professional athletes.