Lexie Cooper
Lexie is a certified ACE Group Fitness Instructor, Zumba instructor, and the Student Fitness Coordinator here at the Rec Center! She has been teaching group fitness for over a year at the UA Recreation Center, and previously taught dance classes for 3 years. Lexie has danced for over 10 years in all styles and has competed on a studio dance team. Her classes are choreographed to upbeat music that everyone will have fun working out to! This is Lexie’s last semester with us and she will be teaching Butts N Gutts and Zumba!

ReAnne Colacicco
ReAnne Colacicco is a certified Yoga Instructor through Yoga Alliance and is now a new Student Coordinator in the Fitness and Wellness Department! She has been practicing Hatha Yoga for over 8 years! She has studied with Darren Rhodes and Brigette Finley and graduated from a 200 hour TT at Yoga Oasis certified in YogaHour. ReAnne teaches classes that promote safety and alignment with as much strength as there is stretch. She links her classes sweat factor with her soundtracks. ReAnne feels yoga is accessible to everyone and creates classes that are as doable as they are difficult with a smile on her face. She will be teaching Intro to Flow and Flex and Flow this semester! She is also teaching Introduction to Yoga!

Alexis Moore!
Alexis is a certified Group Fitness Instructor through AFAA! Alexis was one of the instructors to complete the in house Group Fitness review provided by Campus Recreation and is now teaching Butts N Gutts, BOSU strength, and Cardio N Core! She is an energetic and fun instructor who is ready to push you towards your goals!

Erin Schney
Erin is a certified Group Fitness Instructor through AFAA and completed the in house Group Fitness Review provided by Campus Recreation! Erin will be teaching a Total Body Conditioning Class this Spring 2015! Erin also works in other areas of Campus Recreation, so you will see her around a lot!

Michael Wells
Michael is an AFAA certified Group Fitness instructor, who like Erin and Alexis, completed the in house Group Fitness Review! Michael also works in other departments of Campus Recreation and always around the Rec! He will be teaching Boot camp this Spring!

Shelley Russell
Shelley fitness career as a fitness instructor began in the ‘90’s; she became an indoor cycling instructor in 1999. Shelley’s certifications include: ACE Group Fitness and Personal Training, Spinning®, Les Mills Body Pump, and Threshold Training – Levels 1 and 2. Shelley utilizes her programming background to design customized Heart Rate Training Zones for her clients’ cardiovascular health, metabolic efficiency, and resistance training programs for muscular strength, power and endurance. “Improve the engine and all else will fall into place!” Shelley to be teaching Spin and Body Pump this Spring!!!

Beth Swan
Beth is Zumba Basic Certified and has just begun her first year of teaching Zumba at Campus Recreation. She has trained in multiple styles of dance, and has been taking Zumba classes at the Rec since 2008. She loves teaching a variety of upbeat numbers that are easy to follow and allow all skill levels to be able to participate! It's always a blast, so join the fun, and come dance with her!
Phoebe Jenkins
Phoebe Jenkins is passionate about creating your vibrant glow through fitness and wellness. She is an AFAA certified group fitness instructor, IntenSati fitness leader, yogi, modern dancer and belly dancer, massage therapist and Health Coach. Phoebe has been an avid participant in the health and fitness world for the past 5 years. Phoebe teaches Warrior Flow!

Foster Powers
Foster is a certified Zumba instructor and has been teaching Zumba classes for over a year! She strives to make her class an effective workout, but most importantly she wants her students to have fun no matter how well they get the moves. There’s no such thing as being bad at Zumba! Feel free to say hi to her if you see her at the Rec Center or on campus!

Melina Chavez
Melina is an ACE certified personal trainer and Group Fitness Instructor and has been certified since September 2013! Melina has a passion for working with people from all different walks of life who have a desire to change their lifestyle. She avidly enjoys motivating people to reach their fitness goals. Fitness can be for anyone and she believes that with the will to live a healthy lifestyle, it can transform lives, mind and body alike. Her favorite quote is, “More powerful than the will to win is the courage to begin.” She will be teaching Boot Camp and Cardio and Core this semester!

Heidi McIntyre
Heidi nationally certified through the American College of Sports Medicine, and was trained and certified at the Pima Community College, Fitness & Sport Sciences. Heidi love working with all fitness levels, from beginners to elite athletes. Her major specialties include weight loss & management, injury re-training & prevention, and sport-specific conditioning. Her philosophy as a fitness professional is “Educate, Motivate, Train.” Heidi holds a 2nd degree black belt in Taekwondo and actively competes on a national level. Look for Heidi to teach HABIT and TBC this semester! She is also teaching Mobility4Life!

Brandea Bidelspach
Brandea Bidelspach is a Zumba certified group fitness instructor. I have been dancing my whole life and got certified to instruct Zumba this past summer. Because of my dance background my classes tend to lean more towards hip-hop or popular music. My favorite kind of workout is the kind you do not even notice because you are having too much fun. I believe that everyone should enjoy fitness and have fun while staying healthy. They say Zumba is a party, so please come join me!

Jeanne Osgood
Jeanne has been certified with the American Council on Exercise (ACE) for 25 years and is both a group fitness teacher and personal trainer. She is certified with Physical Mind Institute as a Mat and Apparatus Pilates instructor and is registered with Yoga Alliance as a Vinyasa yoga teacher. She has focused on the development of fitness/yoga/Pilates teacher training programs/classes and enjoys teaching participants of all ages. Jeanne will be teaching Vinyasa Yoga and Pilates this upcoming Spring!

Patricia Hillyard
Namaste! Patricia Hillyard is a 500-hour Yoga Alliance e-RYT (Experienced-Registered Yoga Teacher) and a 500-hour Professional Yoga Therapist. She became a certified Integral Yoga teacher in 1975 studying with Swami Satchidananda and continued her studies of Eastern Philosophy for nearly 40 years experiencing two spiritual journeys to India with her family. She continued her Yoga Certifications yearly at various accredited Yoga Ashrams and Centers. Patricia has been exploring natural living since 1974. Her background as a Yoga Instructor allows her to help others create a healing place with visualization and relaxation.

Ali Geter
Alexandra (Ali) Geter is a Public Health and English student graduating in December of 2015. She received her certification in Adapting Yoga for Disability at Mind Body Solutions and currently co-teaches Yoga for Any Body. She enjoys sharing yoga with others and focuses on restorative methods to create a personalized practice for each student. Ali is also a certified PIYo instructor!

Mike Urquhart
Mike Urquhart is an AFAA Certified Personal Trainer, Group Fitness Instructor and certified Indoor Cycling Instructor. Mike has a Master of Science Degree in the discipline of Biology/ Comparative Physiology. He is now teaching at Pima County Community College. His personal training philosophy is based on the theory of periodization. This a scientific approach to training, based on physiological adaptations. He uses science because it is his expertise. By using sound physiological principles, a safe no nonsense training plan can be developed and implemented. His group fitness classes involve many aspects of the fitness components to include many variations of strength training and aerobic conditioning. Mike is also a Certified Triathlon Coach. He has been in the sport of triathlon for over 30 years. He has coached all levels of athletes.