Phoebe Jenkins

Phoebe Jenkins is passionate about creating a vibrant glow through fitness and wellness. She is an AFAA certified group fitness instructor, IntenSati fitness leader, yogi, modern dancer and belly dancer, licensed massage therapist and Health Coach. Phoebe has been an avid participant in the health and fitness world for the past 5 years. Phoebe also teaches meditation here at Campus Recreation!

Claudia Perez

Claudia is a certified Zumba instructor and proudly belongs to the Zumba Instructor Network. Zumba has become a passion of hers ever since she began her journey to get fit and live a healthy life-style. Three years ago, Claudia decided to become a Zumba instructor and she lost thirty pounds in the first three months. Claudia never imagined how much it would change her life and the lives of others. Claudia loves promoting fitness for so many reasons, but most of all because a healthy person is a happy person! She hopes to see all of you in her classes sometime-- guys and girls are welcome!

Jen Patterson

Jen has over 13 years of experience in the fitness field! She holds a B.S in Fitness and Sports Science and a Master’s in Education. She is an ACSM and AFAA certified personal trainer who is also a certified Spinning, Kickboxing, and Mat Pilates instructor. Here at the U of A rec center, she teaches Spinning. If you are looking for a fun, energetic class that will burn lots of calories, come to Jen’s spinning classes. Jen enjoys teaching fitness classes because she likes to help people recognize their true potential and reach their fitness goals.

Myra Berube

Myra teaches Zumba, Step, and Butts N ’Gutts at the Recreation Center. She has been teaching fitness since 2002 all over Tucson. Myra loves to teach. Myra loves to see new faces in her classes, introducing new moves, and working a variety of exercises into her classes. You will hear upbeat, high energy music in all of her classes! Stop by and see her today!
Courtnie Robenolt

Courtnie is an ACE certified trainer & group fitness instructor as well as Maddog Spin Instructor. She has been working in the fitness field since 2005 and has loved every minute of it. She is passionate about health and fitness and works every day to be available to help her clients meet their personal fitness goals. In 2009, Courtnie opened her own personal training business; she then began running boot camp style classes and kettle bell classes and loves the group fitness environment. Courtnie has experience in training all walks of life.

Lexie Cooper

Lexie is a certified ACE Group Fitness Instructor and Zumba instructor! She is also 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 styles of ballet, jazz, lyrical, contemporary, hip-hop and tap while also competing on a studio dance team. Her classes are choreographed to upbeat music that we can all have fun working out to! She looks forward to meeting all of you!

Elia Jones

Elia has been teaching PiYo here at the Recreation Center for the past 2 years. She has a background in dance and a new found love for Yoga and Pilates in college. The fusion of the two in PiYo gives room for a fun, upbeat class that really makes you sweat! She loves getting her students to find a goal which they want to accomplish in class. Elia believes that no matter how much training and experience you have, you can always reach for more and push yourself beyond what you thought was possible. She loves using popular, high energy music to have some fun while working hard and pushing our bodies to the next level!

ReAnne Colacicco

ReAnne Colacicco has been practicing Hatha Yoga for over 8 years in studios from Philadelphia to Tucson. 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.
**Jennifer McAims**

Jennifer M. has been teaching group fitness for almost three years. Jenn is AFAA certified for general group fitness and has many other certifications including: Zumba Fitness (Regular, Zumba Toning, Aqua Zumba and Zumba Kids), Flirty Girl Fitness, ICG group cycling, and POUND Fitness. She is also a member of the Aquatic Exercise Association. Jenn believe that fitness has the potential to transform individuals into more positive and productive individuals. Therefore, she believes group finesses classes should be enjoyable and accessible for people of all ages and abilities. Her goal is to provide the knowledge, personality and energy to safely engage all participants in her classes, regardless of their fitness level.

**Denise Jimenez**

Denise Jimenez is a Wellness Coach for the Wellness Council of Arizona. She is a certified personal trainer and group fitness instructor. Denise has worked with a diverse clientele in both gym and rehabilitation settings. She strives to connect with people in ways which will aid them to live a more healthy and balanced life. Aside from a professional setting, Denise is a wife to a supportive husband and a mother to an energetic toddler. She began her journey into the fitness world through dance, which ultimately led her to New York City and Walt Disney World in Orlando, Florida. Denise enjoys interacting with others and looks forward to working with you.

**Melina Chavez**

Melina is an ACE certified personal trainer 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. Along with personal training, she teaches the Ready, Set, Run class! 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.”
**Kali Kennedy**

Kali’s life changed when she discovered the power of yoga at 17 years old. Not only did it transform her physically into the greatest shape, but it brought strength and balance to her mentally and spiritually. The practice has enriched all areas of her life and immediately she found a vocation to teach. She is an RYT 200 Vinyasa Yoga teacher certified through Arizona School of Yoga in 2010, but she loves to explore all styles and aspects of yoga. Continuing to learn and practice yoga in many forms is important to her, because she is a student just as much as a teacher. She believes every teacher, student, and class has something special to offer. She encourages an open-minded and openhearted perspective as you move through yoga practice, and ultimately life.

**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 has been a personal trainer for 18 years. He started as a fitness trainer for the US Army while he was serving. 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.