



## PRESENTER BIOS

**Benjamin Allen** he has performed on TV in the **Kid's Choice, People's Choice** and **American Music Awards** as well as on **Scrubs** and in national commercials for **xbox, Subway** and **Miller Lite**. As a choreographer he has worked with **Will.I.Am** and **Drew Barrymore**, and developed routines for **Vh-1, Oxygen** and several **NBC** projects. A few years ago, he created a dance fitness movement called **GROOV3™**. With a mission to inspire change and build a global community through the power of dance, the movement has caught the attention of **ELLEN, Extra, ABC7, Popsugar, American Fitness Magazine, Elle Magazine** and **fitperez.com**, to name a few. GROOV3 has had successful partnerships with **Equinox, Nike, and Trainer Pass**.

**Hallee Altman** is a Master Trainer for the MELT Method, Owner of The Center Studio®, and PMA approved continuing education provider. She has been teaching the Pilates method since 2001 and was certified by Romana Kryzanowska, Joseph Pilates' protégé. As a lead MELT Instructor and Co-Creator of the MELT for Pilates program, Hallee is inspired to teach others how to better understand their body's boundaries and intensify their workouts while staying pain-free.

**Gail Bannister-Munn** is the Flexibility, Yoga, and Pilates coach with the New York Jets football team, and Pro Hoops Basketball program. She runs her own Bannister Method Studio out of Long Island, New York. Gail presents The Bannister Method™ at national conferences, and is a Fitness Consultant for professional athletes. Gail holds numerous certifications in several disciplines, including NASM, Fascial Stretch Therapist L3, ECIT, YogaFit, AFAA, STOTT PILATES® Mat 1 & 2, Powerhouse Mat Pilates I & II, Vbarre and is an AFAA Continuing Education Provider.

**Julian Barnes** is the CEO of Body Local, a NYC company that produces business management training programs for fitness professionals. He was the Director of Marketing at Velocity Sports and he taught Entrepreneurship at NYU. He graduated from Tufts University and UNC Chapel Hill.

**Darci Bawdon** is a whole body fitness expert certified in the Da Vinci BodyBoard, Pilates and Personal Training. Although her background is wide ranging, Darci is focusing most of her attention on the Da Vinci BodyBoard. She has found that the BodyBoard offers all of the principle aspects of fitness training she wants for her clients and in a shorter amount of time. With over 12 years of expertise, she is one of LA's most sought after body coaches, whose philosophy -- empower the body and the mind and the soul will follow -- has been embraced by a devoted clientele. Darci has been featured in Shape magazine and Beauty Undercover, and continues to train high-profile clients that include actresses Salma Hayek and Sally Field.

**Ryan Daniel Beck**, originally from LA, but now based in NYC, is an internationally recognized choreographer, director and presenter for dance and bodyART. Has worked with Beyoncé, MOMIX, Black Eyed Peas, and is on faculty at Broadway Dance Center.

**Benjamin Bidlack** has lived on 4 continents and worked in 30 countries working in brand strategy, fitness, interpersonal communications, self-discovery and music production. With fitness presenter Amanda Strand, Benjamin is the co-creator of Freedom Group Exercise™, including BANG Power Dance and Freedom Barre™

group exercise formats, currently licensed by Gold's Gym, U.S. Fitness, Crunch Fitness, Sport & Health and many other US and international venues. Benjamin presents workshops and master classes at business and fitness conferences around the world. He often focuses on inner health and happiness given that most people focus so much time and energy on external physical fitness.

**Connie Borho**, PMA-CPT, Peak Pilates Level-IV Teacher Trainer, AFAA, ACE, NASM, Yoga Alliance RYT-500. Known as a “teacher’s teacher”, Connie is a well-respected, dynamic and innovative, knowledgeable presenter for international fitness conferences, and is passionate about providing the highest quality of training for teachers in the mind/body field.

**Michael Boyle** is one of the worlds’ foremost educators in the areas of performance training, personal training and athletic rehabilitation. Boyle has been involved in training and rehabilitation with a wide range of athletes, including stars in every major professional sport. Mike has also served as a consultant to some of the top teams in the NFL, NHL, as well as numerous division one athletic programs. Boyle has been involved in Olympic Gold Medal efforts in both women’s soccer and women’s ice hockey and is the current Strength and Conditioning coach for the United States Women’s National Ice Hockey Team. In 2012 and 2013 Boyle was a Strength and Consultant to the Boston Red Sox, winners of the 2013 World Series. From 1983-2012, Boyle served as strength and conditioning coach at Boston University. In 2016 Boyle released *The New Functional Training for Sports*, his fourth book.

**Dr. Marc Bubbs** is a Naturopathic Doctor and Strength & Conditioning Coach, whose focus is on the integration of exercise and medicine. He currently practices in Toronto and works as a sports consultant for Canada Basketball.

**Robert Caslin** is a health coach and functional fitness trainer. In addition to his degrees in Nutrition and Physiology, he placed 3rd for the last two years at the CrossFit Games in Carson CA. He is a real example that age is just a number. Robert embodies healthy living and positive energy in every aspect of his life. Let him help you find your inner athlete.

**Ilaria Cavagna**, a skilled trainer and Pilates instructor, has moved seamlessly from being an athlete, to a performer, to a practitioner of the disciplines she believes in and trains her clients with. The Bachelor of Movement Science achieved in Italy in 1997, the Pilates Certification obtained in NYC with Romana Kryzanowska, and the recent and innovative SOMA-TRAINING studies give her an understanding of both the beauty and function of the human body when properly trained. Ilaria is based in NYC and travels worldwide to teach seminars for trainers for both Pilates and ELDOA Method®. Ilaria is the founder of High Heel Rescue®.

**Heather Corndorf**, a professionally trained dancer and choreographer, is an expert when it comes to the body's form and function. She has over 15 years of experience instructing group fitness, creating program content, training instructors, and filming virtual and home DVD programs. Heather is a Wellbeats Coach, ACE-certified instructor, and health coach through IIN.

**Kathryn Coyle** is Peak Pilates Senior Master Instructor and mentor with over 15 years of experience and is known for her approachability. She is a regional Pilates coordinator for Life Time Fitness<sup>SM</sup> overseeing some of the companies busiest studios. Kathryn has been featured multiple times in Pilates Style magazine and is PMA certified.

**Blossom Crawford** is the owner/director of Bridge Pilates. She is known for her playful and powerful teaching methods, which she developed during the seventeen years she worked with Kathy Grant. Blossom has made it

her mission to expose her students to the joy and satisfaction that comes from intelligent exercise. In addition to teaching private clients, and being a faculty member at the Mark Morris Dance Center in downtown Brooklyn, Blossom teaches at Pilates workshops and conferences across the globe.

**Ashlé Dawson** is internationally recognized in the commercial dance world as both choreographer & performer. Choreographer for "Dick Clark's New Years Eve" Times Sq. NYC Univision JenCarlos Canela and Alejandra Guzman, Top 4 of "SYTYCD", "Cirque Du Soleil", "America's Got Talent", "Latin Grammys", Celebrity Judge Central America's "ABDC", MTV, "SNL", Spanish "DWTS" Champion. Worked with Martin Short, Rachel Dratch, Mario Cantone, Anne Hathaway, John Leguizamo, Gloria Estefan, Don Omar, Yandel, Prince Royce, AUDI, New Balance, Macys, Canon. Director "Breaking Conformity Productions, Inc." and "Latin Fusion Dance Project".

**Theresa DeCanio-Alini** is an Elite Master Trainer for ISCA certifying instructors, trainers and fighters all around the United States. She is certified in AFAA Group Exercise, NASM, APEX Nutrition, V-barre, ISCA Performance Training, STOTT Pilates, FIERCE 4, Jillian Michaels Bodyshred, Yoga-fit and ISCA Kickboxing. She has trained many clients for bodybuilding and fitness competitions, prenatal and postnatal, and Senior citizens. Her current project called "teaching time" is a mentor program for instructors and personal trainers to sharpen their coaching and teaching skills.

**Dee Delgado** has performed as a New York Knicks Dancer, recently seen dancing in HBOs Vinyl and on NBCs Maya & Marty show. She landed roles in music videos for artists like Beyonce Knowles in "Countdown", Nicki Minaj's "Anaconda", and J-Lo's single "I Got That Good Hit".

**Lavinia Errico**, the founder and visionary behind Equinox Fitness Clubs and the Inside Out Movement, is a nationally acclaimed fitness and wellness entrepreneur and a speaker of essential truths on the subjects of entrepreneurship, leadership, fitness, wellness, nutrition, self-awareness and emotional balance. As a sought after consultant and angel investor in diverse startup companies across a multitude of industries, Errico inspires and transforms individuals and organizations with her unique and often disruptive take on how to create a more powerful, authentic, inspiring and joyful career and life journey. An early proponent of the natural and sustainable lifestyle, Lavinia serves as the Chief Creative Wellness Officer of Sonage Skincare and Katherine Cosmetics. She is currently working on a book about how to create the life you want.

**Steve Feinberg** is a highly regarded group fitness instructor and strength and conditioning coach in New York City. Steve created the Speedball Fitness class format and developed the live and online instructor training programs. He has also implemented group fitness/wellness programs across premier facilities, universities, and community associations.

**Johanna Fellner** is an International fitness & sports educator and sports model with 20 years experience in the fitness industry. In addition, she is a Reebok Master Trainer and Life Coach. Johanna is a leading health and fitness expert in Germany, known for her high quality fitness DVD productions. She is the inventor of NATURALFLOW® & FUNCTIONALFIT® Concepts. She presents an extreme quality of training along with creativity in program design.

**Danielle Foster** has had a lifetime in athletics and feels very fortunate to be able to make a living at it. She has 30 years of teaching, training, testing experience and - most importantly - considers herself a lifelong student. Power-based training on a bike and strength and conditioning specific to the CrossCore® are her specialties.

**Liz Glorioso**, a trainer for 12 years, specializes in Kettlebells being SFG Level 2 certified, taken 4 Kettle bells and turned them into a profitable, successful business.

**Clay Grant** is an International Fitness Professional with over 25 years of experience in the health and fitness industry. He has presented workshops, masterclasses, seminars and convention sessions in over 20 countries in Europe, South America, Central America, Asia, Australia and the Middle East. He is group fitness and personal training certified with AFAA, ACE, NASM and a NASM Corrective Exercise Specialist. In 2015, he was the recipient of the Best All Around Male Presenter for East Coast Alliance (ECA) International Fitness Convention. Clay is a Master Trainer for Flexi-Sports, Body Bar, and freeFORM Board. He is also the Group Fitness Studio Manager for the Life Time Athletic Club in Garden City, NY.

**Michael Guberti**, Social Media Expert, Philanthropist & Westchester Business Journal columnist, empowers entrepreneurs to grow their businesses with social media. From tripling your likes to doubling your email list, Michael teaches you how to #GetSocial.

**Nancy Guberti** is a Functional Medicine Specialist, BioNutritionist, GFCF Expert, Healthy Lifestyle Coach, Motivational Speaker and passionate to empower others to become their own health advocate and learn how to live a healthier lifestyle. She has a private practice in Greenwich CT.

**Katie Haggerty** has become a popular member of the professional fitness industry through her unique brand and delivery. She is well known for her ability to create a balance of innovation, breakdown and functionality through a signature style of fun. Katie is a National Group Fitness Brand Manager, co-creator and instructor of numerous developmental workshops to grow the Life Time Fitness brand, and has been awarded the 2014 EMPOWER! Fitness Conference Female Presenter of the Year. She holds a BA in Kinesiology from the University of Minnesota and is ACE certified.

**Beth Handline** has been teaching dance fitness for over fifteen years. She is co-founder of Dance Trance Fitness and currently directs the license program and teaches classes at her two studios located in Jacksonville, Florida. She is responsible for growing the Dance Trance license program from one to over fifty studios world-wide. She is also well known for holding spectacular fashion & music events in the fitness community called "Groove Tour". She has brought fashion, fitness and dance together to create a lifestyle brand that is almost impossible to ignore. It's about time!

**Dan Hellman**, MSPT, is a 28-year veteran of the health and fitness industry and owner of Hellman Holistic Health (H3) in Fort Lauderdale, FL. He holds a Master's Degree in Physical Therapy and is a past C.H.E.K Faculty member. Dan also has many other certifications including GUY VOYER DO's Soma Therapist and Soma Trainer. When Dan is not teaching or taking classes to finish his Osteopath degree, he is treating clients from all parts of the world. If you would like to contact Dan for further information, email: [info@hellmanholistichealth.com](mailto:info@hellmanholistichealth.com) or call 954.566.0585.

**Christi Idavoy** knows that movement heals. As a yoga, Pilates and GYROTONIC® instructor her teaching style is grounded in awareness and function. She is an educator for Polestar Pilates Education and the owner of the first Polestar franchise in Miami, FL.

**Edya Kalev** is one of six MELT Master Trainers, selected by MELT creator Sue Hitzmann to train other instructors to teach MELT, as well as a trained MELT instructor who provides group classes and private training. As a member of the teaching team for MELT University, Edya is both an expert on the MELT Method and highly knowledgeable in the areas of connective tissue science, anatomy, and physiology. Edya first found MELT in 2006 and was one of the first instructors to be formally trained. Edya is also a Registered Yoga Teacher who has studied extensively with some of the most respected teachers in the field including Leslie Kaminoff and Amy

Matthews (Authors of "Yoga Anatomy"), Tara Rachel Jones (Flower Yoga for Children), and has traveled to India twice to study yoga. Along with her Master Trainer duties, Edya is part of a collaborative effort to develop a unique curriculum blending MELT and Yoga together.

**Paul Katami** has been teaching and presenting fitness internationally for over two decades and is the founder of several fitness programs. Paul also stars in over 20 in-home workouts that have consistently been on top 10 lists and covered in the media. As a fitness expert, Paul has worked for Crunch Fitness, Equinox Fitness and is currently the Director of Programming for Beachbody LIVE.

**Joe Krasinskis** is a fitness professional working in the Washington, DC, metro area as a Spinning® Instructor, Boot Camp Instructor, and Personal Trainer. While his athletic career started in track and field, Joe is now an avid triathlete, qualifying for the USA Triathlon Age Group Championships each year since 2012. Joe joined the Spinning® Master Instructor team in 2014.

**Stacey Lei Krauss** is the creator of the cardio fusion program The willPower Method®; specializing in foot- fitness since 2000. A student of transformative arts and a Reiki practitioner, she approaches this program through integrated sensorial practices. Stacey Lei has represented the most prominent brands in the fitness industry as a Master Trainer and Program Developer; Schwinn® Cycling, BOSU®, and Peak Pilates®, Nike® and Vibram Five Fingers®. Mindful Music Advisor for Power Music®, and recipient of the 2014 ECA Best Female Presenter Award, she now mentors aspiring instructors to provide exceptional movement experiences in their chosen discipline.

**Stephanie Lauren** is an international fitness presenter, inspiring the fitness world with her 4-part interval training system, PLYOGA. Stephanie is an accredited educator for AFAA, ACE, CanFitPro and NASM. She has a BS in Education from Towson University where she was a NCAA Division I Athlete in both Track & Field (Current Long Jump Record Holder) and Gymnastics. Stephanie Lauren was featured on Jillian Michaels' SWEAT Inc. Stephanie is an ANBF Physique and Figure Professional, qualifying and winning after giving birth to her 1st of her 2 wonderful children, Savannah & Cameron.

**Jason Layden**, celebrity dance fitness trainer was born with a natural talent for dance. In 2012, he decided to blend his love for dance with his interest in fitness and began teaching cardio dance classes. Jason realized that the incredible cardio and calorie burning benefits of plyometrics, or jump training, were missing from traditional dance classes. Thus, he seamlessly blended high-energy, easy to follow dance moves with the intense plyometric training of elite athletes and PlyoJam was born. Quickly realizing that people were falling in love with PlyoJam and that others wanted to jump on board, Layden and his team created an online certification program so that dance fitness enthusiasts could become certified in this amazing fitness concept. Loved by celebrities such as Reese Witherspoon and Kate Hudson, PlyoJam has been named as one of the top trending workout classes in the country by SELF Magazine.

**Allison Lilly** is a choreographer and fitness leader in Charlotte NC. She is a lead choreographer for NC Dance District and teaches at the Dowd YMCA. Allison's dance troupe has danced many college half times shows, Charlotte Bobcat games and opened for Kirk Franklin. She has recently been featured in several Shaun T videos, presents and manages the dance stage for NC Fitness Expo, presented at Beachbody Super Saturday and choreographs and performs for NC Dance District Project Full Out Choreographer Showcase. Allison teaches choreographed hip hop, CIZE, cycle, pilates and deep water athletic conditioning.

**Nicholas Logrea** was trained in ballet, tap and jazz beginning at the age of 6. He has performed in Westchester Ballet Company's production of The Nutcracker for 25 years and has also performed as a soloist in WBC productions such as La Bayadere, A Midsummer Night's Dream, and Peter and the Wolf. Logrea has been a ZIN™

Member since 2008 and is currently a ZES (Zumba® Education Specialist), training people to become Zumba® instructors. Nick has been a featured avatar in several Zumba Fitness video games—which have sold more than 9 million copies worldwide—including Zumba® Fitness Core and Zumba® Fitness World Party.

**Yves Maco** is a graduate of a four-year scholarship program from the prestigious dance school at Hofstra University. Yves has been a trailblazer in the fusion of technical dance and fitness. As a presenter, Yves brings his Caribbean background as well as his love for kickboxing and fitness to the stage with his signature dance master class style (Dance Fusion) and his signature kickboxing style (Code 10 Kickboxing). Yves teaches Kickboxing, Multi-groove, Aqua, cycling, Dance and Strength Training classes at the newly opened MC Dance and Fitness in Great Neck, New York where he is a co-owner. He also teaches at Lifetime Fitness in Syosset, New York. Yves is an AFAA certified group fitness instructor and personal trainer.

**Tracey Mallett**, world-renowned fitness and wellness expert, continues to revolutionize the exercise world with her body-changing techniques designed specifically for time-crunched individuals and her creation of the hugely popular workout, bootybarre, a growing favorite among celebrities. Mallett is an International Fitness and Wellness Expert, dancer, choreographer and Master Pilates Instructor who is teaching around the world. She owns her own fitness + pilates studio in Los Angeles, and is currently certifying trainers worldwide in bootybarre and now the bbarreless method. bootybarre is the seal of approval for barre instructor training and is now in over 25 countries with over 7,000 instructors. It's the first choice of barre education for 24 Hour Fitness, Virgin Active and Goodlife Health Clubs.

**Irena Meletiou**, born in Cyprus now living in NYC, received formal dance training at Alvin Ailey, Ballet Arts, and Broadway Dance Center. Her style can be described as a fusion of Urban, Street Jazz and Latin. She danced/choreographed for recording artists, appeared in VH1's reality show with "Salt & Pepa", and music videos. Irena is a Zumba Basic 1 and 2 ZES, ACE and AFAA certified Group Fitness instructor, Zumba Step and ISTD Modern instructor.

**Chris Tai Melodista**, a lifelong student of martial arts, has always enjoyed physically + mentally challenging himself and exploring new ways to improve. As a coach, he enjoys helping others find ways to do the same. He draws from a vast range of experience in movement, meditation + breathwork including Yoga, Pilates, Systema, MovNat + the first instructor in the US of the Wim Hof Method since 2014.

**Ilaria Montagnani** is the CEO, President of Powerstrike Inc. based in Manhattan. She is an internationally acclaimed fitness trainer and karate black belt. Ilaria believes that everyone can have a better, healthier and ultimately happier life if they pay respect by exercising and training their bodies. Her philosophy, "Exercise makes you stronger for life", is at the core of everything she does and the heart of each of the programs she's designed: Forza, Bodystrikes, Powerstrike Kickboxing, Atletica and Impact.

**Patricia Moreno** is a new-thought leader, fitness artist, entrepreneur and author. She has been called "the Mexican Oprah" for her gift to awaken people's true identities, specifically through intenSati, the wildly successful NYC-based fitness class she created with the intention of changing the conversation in the fitness arena to one that leads people to thrive. Patricia has been shaping bodies, hearts and minds internationally for 20 years with innovative and cutting edge programming. Her mission is to inspire people to consciously exercise their power to create and live a life they love, in a body they love by training mindset and muscle together.

**Carlos Neto** is currently working between New York City and London both as a choreographer and actor. He is a regular instructor and faculty member at three of the most prestigious dance schools in NYC...Broadway Dance Center, Alvin Ailey and Peridance.

**Juan Nieto** PT, DO, PMA-CPT has been developing his career as a movement therapist and trainer. In 2002, he became a Polestar® Pilates certified instructor and discovered the true potential of the Pilates method as a rehabilitation technique. In 2004, Juan co-founded SLINGS, a movement-based clinic recognized as one of the best in Spain. In 2015 SLINGS opened a new Studio in Barcelona downtown. Juan is the Polestar® licensee for Spain as well as Educator and Examiner. He is also a frequent international lecturer specializing in rehabilitation through movement and athletic performance. In 2016, along with Brent Anderson and Blas Chamorro, Juan founded **RUNITY**, a Start Up created with the purpose of transforming the running industry, providing the runners the tools and knowledge they need to practice “painless running.”

**Michael Olajide, Jr.**, a former champion boxer and international fitness expert, is the Co-Founder, Director of Programs and Chief Instructor at AEROSPACE. Using some of the smooth moves he perfected in the ring and combining them with basic conditioning movements such as jumping rope, push-ups and lower body lunges, Michael pioneered the innovative and challenging AERO workouts, including AEROBOX®, AEROJUMP®, AEROSCULPT™ and AEROIMPACT™ that use the training techniques of boxing to help clients achieve optimum health.

**Dr. Evan Osar's** 20-year background in fitness and experience as a chiropractic physician provide a unique perspective on corrective exercise and fundamental training principles for the fitness professional. He is the creator of over a dozen resources including, the highly acclaimed, The Corrective Exercise Approach to Common Hip and Shoulder Dysfunction. He is a regular presenter at fitness conventions and is the developer of the Integrative Movement Specialist™ certification.

**Stacey Piegari** has been a fitness, dance, sports performance and nutrition professional for 18 years in Long Island, New York. She specializes in strength training, with an emphasis on women and educating and empowering women not to be afraid to lift weights heavier than their handbags. She has been a program director, trainer to athletes ages 7-18 and adults of all ages, and primarily a group fitness instructor. She has created, developed and launched dozens of cutting edge programs for Crunch, Town Sports International and Lifetime Athletic where she is currently employed. Her mission is to educate and expose the truth about all of the profit-driven lies told to the consumer and to women in particular about "dieting" and strength training.

**Michael Piercy, MS, CSCS** is the owner of **The LAB** in **West Caldwell, New Jersey**. A former professional baseball player with the Pittsburgh Pirates, New York Mets and Montreal Expos, he brings his unique perspective to his work with both athletes and active adults. A Certified Strength and Conditioning Specialist and TRX® master course instructor, he was the recipient of the 2013 TRX Instructor of the Year award. He holds a master's degree in exercise science and performance enhancement.

**John Platero MSS** is a fitness educator who has consulted both nationally and internationally. He is the CEO for the National Council for Certified Personal Trainers and Smart Fitness and the author of over 30 educational books and videos. He was the National Director for Personal Training at LA Fitness and Bodies in Motion, overseeing hundreds of trainers and served on the First Board of Personal Training at IDEA. As an athlete, John was a champion bodybuilder who turned cyclist, winning multiple National titles and gold medals in road racing, mountain biking and the velodrome. You may contact him at [johnplatero.com](http://johnplatero.com) or at [NCCPT.com](http://NCCPT.com)

**Robbie Raugh**, a Registered Nurse, is an internationally known Integrative Health, Fitness, Nutrition Practitioner and Master Trainer. She is the host of **The Raw Truth** Health and Fitness program on Faith, Family, Food and Fitness on 99.5FM WDCX every Saturday at 11am EST, streaming live worldwide. She appears weekly on ABC's WKBW TV AM Buffalo with her *Raw Truth* Health and Fitness Segments. She is also the featured Instructor of

four **Raw Energy Fitness** Exercise Videos, and The Kinetic Workout Live Exercise Video. Robbie is an international Speaker, and Author of **The Raw Truth Recharge Book – 7 Truths to Health and Fitness**.

**Dr. Christine Romani-Ruby** has successfully integrated physical therapy and Pilates to create innovative rehabilitation and wellness programs for conditions such as back pain and sport specific programs. Founder of PHI Pilates, she guides clients in the study of their own movement. An associate professor at CALU, Dr. Ruby is sought after to speak at national and international conferences.

**Kahmal Roy**, a former college football player, spent 7 years as Program Director for one the country's largest sports performance franchises, the Parisi Speed School. Today, Kahmal co-owns and operates Position Specific Training, also known as "PST", a company that bridges the gap between sports performance training and sports specific training. Kahmal firmly believes that through athletic/skill development and education, any athlete can return to their respective sport more knowledgeable and confident, leading to personal and team success.

**Enja Schenck** M.S. (Exercise Science) has been teaching movement, workshops and teacher-training certifications since 2005. She operates sought-after Classical Pilates NYC ([classicalpilatenyc.com](http://classicalpilatenyc.com)) in Chelsea, Manhattan, while working on improving high-quality research in the Pilates method.

**Scott Schlesinger** is an International Master Instructor for the Spinning® & CrossCore® programs, responsible for certifying instructors in the U.S. and around the world. He has over 18 years of experience in fitness, holds a BS in Exercise Physiology and has been an Orange Theory Trainer for almost 3 years in Miami, FL at the top 2 studios in the world. He is currently Head Trainer for Orange Theory Leewood in Kansas City.

**Beth Shaw** is the founder and CEO of YogaFit© Inc., the largest yoga fitness educational system in the world. Beth is recognized as an industry pioneer drawing from years of experience and expertise in nutrition, exercise, yoga and holistic healing.

**Dr Emily Splichal**, Podiatrist and Human Movement Specialist, is the Founder of the Evidence Based Fitness Academy and Creator of the Barefoot Training Specialist®, BarefootRx® and BARE® Workout Certifications for health and wellness professionals. With over 15 years in the fitness industry, Dr Splichal has dedicated her medical career towards studying postural alignment and human movement as it relates to foot function and barefoot training.

**Alexandra Joy Smith** brings a lifetime of study with some of the greatest teachers in transformation, spirituality and empowered living into her work with powerful women who yearn to connect to and live their dreams from their divinely inspired purposes on the planet. She has a BA in psychology, life coaching certifications and 25 years of experience in health and wellness and is on a mission to empower women to rock the world with their dreams and purposes so they can shine in a life they love.

**Robert Steinbacher** is a former gymnast who started his career as a dancer and choreographer. As a movement therapist, he created the BodyART™ training system and is the owner of one of Europe's biggest movement and mind-center schools that educates over 3000 instructors and body-workers worldwide.

**Jared Tavasolian**, a personal trainer for over 15 years, has traveled across the world training and learning with the best. He is certified in Gymnastic Bodies, Monkey Bar Gym, Original Strength, Movnat + has studied with Ido Portal and Wim Hof. He's passionate about helping people become the best they can be.

**Christina Stole Therkildsen** is the founder and owner of two international fitness concepts, Catslide® and



Krønsj™. Christina has 20 years of experience from the fitness industry, as well as a background in school teaching and media. She was nominated as “Female Entrepreneur of the Year”, and she was “The instructor of the Year” in Norway, 2012. Christina has been recruited to participate in the creation of big conventions, like Nike Blast (Oslo/Stockholm/Riga), Inspire Convention and Scandinavian Sport & Fitness Festival in Stockholm.

**Haley Stone** is the creator of WERQ Dance Fitness. With a background in hip-hop and sports, Stone is equal parts positivity and hustle. AFAA and ACE Certified, Haley travels the country motivating fitness professionals to #WERQlikeaboss.

**Tony Stone** was able to kick off his dance career working with Reebok City Jam and Nike Culture Shock hip hop dance teams which were the first of their kind for any major company. He went straight from there into working with artist Salt N’ Pepa, Falco, Diana Ross, LL Cool J, Lutricia McNeal, Kelis, Vanilla Ice, Juliette, Anita Lixel also dancing on the shows of Soul Train, Party Machine as well as a Michael Jackson Tribute held in Hollywood, California. He worked very hard progressing to become a featured dancer/choreographer for an MTV World Tour, Carnival Show in Los Angeles, Hip Hop Body Shop, Fashion Rocks at the Royal Albert Hall in London, the Danish Music Awards in Copenhagen, Star Fabric in Moscow, President of Germany’s charity fashion show gala in Berlin, Miss Fitness USA, Star Wars: Episode One premiere party in Los Angeles, California as well as the Summer Olympics in Beijing. Awards and nominations include two-time nominee for Best Choreographer, winner Best International Instructor/Presenter. He has also been nominated Best Instructor/Convention Presenter for 7 years in the U.S., received a Lifetime Achievement Award in Spain, winner of the Nike/World Class Top 15 Choreographer/Instructor and Best International Presenter/Choreographer in the U.K.

**Amanda Strand** is co-founder of freedom group exercise, LLC...home of BANG™ and freedom™ group fitness formats. She is the creator of BANG Power Dance™ currently licensed and available to all 400 Corporate Gold’s Gym locations, and freedom Barre™ currently licensed and available at U.S. Fitness Corporate locations (Sport & Health, ONELife Fitness, Atlanta Fitness, Crunch) and other venues. She trains and certifies BANG Power Dance™ and freedom Barre™ instructors. Freedom Barre™ is currently the training, content, and certification provider of choice for U.S. Fitness clubs. Amanda is a Fabletics© Master, Certified Personal Trainer and an AFAA Continuing Education Provider.

**Josh Taylor** is a renowned Spinning® International Master Instructor and a former professional cyclist. He is a seasoned athlete who has competed at the highest levels of bike racing for over 18 years, Josh is a two-time State Road Race Champion and has raced against some of the top international cyclists in the world in events such as the San Francisco Grand Prix and the Philadelphia International Championship. Josh is also a Power Specialist for the SPINPower™ program and is also an integral part of the Spinning® program worldwide, as an ambassador and MI for over 19 years.

**Zoey Trap** has an MSc in Exercise Science focusing on alternative therapy and the spine and is an international authority on Mindbody Exercise with over 30 years of experience. This Peak Pilates Master Trainer, Senior Program Specialist and co-author of the Peak Pilates Instructor Education program, has studied extensively with Mary Bowen and Lolita San Miguel. She is ACE and Jivamukti Yoga Certified.

**Fen Tung** is the Product Director and Master Trainer at BollyX®. She leads the Regional Training team at BollyX® and is based out of Boston. She has been working in the fitness industry for 14+ years and holds 15+ certifications/licenses. Fen began as a personal trainer and group exercise instructor and then became a Master Trainer for both ISCA and BollyX®. Fen’s expertise is in educating fitness instructors on effective teaching methodologies, with emphasis on pre-cueing, proper technique and alignment.

**Gretchen Zelek** , AFAA certified in group fitness, and co founder of dod Fitness, is a senior fitness enthusiast and expert. Her company designs fitness tools for adults 50+, athletes recovering from injury and anyone who wants to begin or maintain a fitness routine but may have knee, neck or wrist discomfort.