

## Meet Our Instructors

### Lisa Gurski Risling



Class: Sculpt and Stretch

Lisa has been an SPRA Certified Group Fitness instructor for 25 years. As a resident of Briarwood, she thoroughly enjoys instructing classes in her community. Her formal dance training and extensive experience leading fitness classes enables her to adapt to meet the diverse needs of any participant. Lisa looks forward to helping you meet your fitness goals!

### Nelda Werbicki

Class:

Nelda has been a group fitness instructor for the past 13 years. She is certified in SPRA group fitness, Spin, Bender Ball and Yoga. She has worked as an instructor with California Fitness, Bikini Bootcamp and over the past 5 years has her own personal training programs inside and outdoors. As a Special Needs Teacher and a mother of two Nelda knows how difficult it can be to be physically active. Nelda hopes to inspire others to be the best they can be and attain whatever fitness goals they may have.

## Courtney Boyko



Classes: Beginner Yoga - Intermediate Yoga

Practicing yoga has helped me overcome a lot of obstacles in my life and has, at times, opened my heart to experiencing complete bliss. My journey with yoga began with taking a leap of faith. My love and curiosity for the practice led me to take my 200-hour Vinyasa Teacher Training in Saskatoon. In the summer of 2016, I furthered my knowledge by taking another 200-hour Yoga Training in Calgary. As I continue to gain more knowledge, I look forward to sharing what I've learned with others. Above all, I want my love for yoga to resonate with my students, while providing a safe space for personal growth and development.

## Stephanie Leier



Class: Zumba

Hi! I'm Stephanie and I have been teaching Zumba for 4 years. Come join me, I'm looking forward to dancing with you...

## Tonielle Madarash



Class: Bootcamp

I am very passionate about healthy lifestyles which include exercising and diet. After attending various boot camps, over the last 4 years and maintaining my love for healthy foods, I have decided to share my passions with others. My goal is to show how easy and fun a healthy lifestyle can be. I often receive compliments about how my success has helped motivate others towards their own success. My passion for a healthy body is evident in my appearance and in how I feel. I love taking the opportunities to share with others and to help them achieve their goals!

## Diane Hein



Class: All-levels Pilates

My name is Diane and I have been doing Pilates since 2000. After an injury forced me to change my lifestyle and alter my workouts, I started training in Pilates in earnest. When I discovered what a positive difference the reasonably simple workouts made in my recovery, as well as in my day to day life and other sports I participate in, I decided to become certified to teach other people. It made a significant difference in my life, and I strongly believe in the benefits it offers. I became certified to teach Matwork in March of 2010.