

Meet some of our
PhillyFIT
 Volunteer Team!



PICTURED ABOVE LEFT TO RIGHT:

Donna Ziccardi is a Health and Fitness Enthusiast, Jeweler/Designer and owner of Goddess Enterprises. She retailing Premium Quality and Unique Accessories for the Sophisticated Lady. Web Site to be launched soon.

Jeff Gross is a Technology Consultant, Naturalist & "Clean Cooking" J.G. Networking • 203 Steamboat Station, Southampton, PA 18966 • 267-496-0350 (cell) www.jgnetworking.net

Karla Kay Shantz is an actor, commercial model and spokesperson/host with twenty years of experience in marketing, advertising, public relations and special events. Karla enjoy's keeping fit by walking/jogging and working out!

Ian Savitz, MS - Vice President of Operations for FACTS Fitness, a corporate and commercial fitness management company which owns and operates 5 facilities and provides an array of wellness solutions.

Cliff Sheldon is from NE Philly and is a guitar instructor/27 years of playing experience in multiple styles of music and uses a modern technique of teaching by using the internet, mp3s, videos and electronic sheet music. "Why PLAY Guitar Hero, when you can BE a guitar hero?!?! OneOnOneGuitar@aol.com • www.facebook/1on1Guitar • 267-338-9189

Beatriz Salamanca is a wellness coach & independent distributor of Herbalife/Nutrition club located at: 2909 Mechanicsville Rd. Bensalem PA, 19020. 215-639-9243 / cell: 215-687-5075. Products for: Weight Management, Energy & Fitness, Digestive, Heart, Men's, Women's & Children's Health, also Skin care products. • october31@verizon.net

Lamont J. Mckellar is the President & Founder of Ballers4Life lmckellar@ballers4life.net • www.Ballers4Life.net Ballers4Life helps to raise money for non-profits and charitable organizations through Basketball. In addition, they hold skill development and training camps for children and adults throughout the Delaware Valley. Check out www.Ballers4life.net for more details.



Sally Andersen has been teaching fitness for Sweat Gyms and the City of Philadelphia Recreation Department for 2 years now and is excited to be branching out on her own with Body Resolutions in Manayunk. Find out more about her training and classes online at www.BodyResolutions.net or on Facebook like "Sally Andersen Fitness".



Laura M. Cummins teaches small business owners and professionals on how they may take their business to the next level via marketing practices that create results. Laura presently resides in the Greater Philadelphia area and works with local companies like PhillyFIT Magazine. If you would like some more information on how she may assist you, please e-mail her at laura@ninedotz.com



Christine Anderson has been working out on and off her entire life, but not to much reward. In January, her life changed for the better, by hiring a trainer! And now, she'd like to be a trainer someday herself! To begin this new adventure she is volunteering at PhillyFit BASH with the goal of advancing her working knowledge of the industry!



LaShawne Pryor currently resides in Philadelphia, PA. He loves sports and staying fit. He has played football, baseball, tennis, and interned with the Sixers (06). A former personal trainer and group fitness instructor, LaShawne presently works with entrepreneurs and business owners on how to get more results out of their online marketing with technology. 215-429-7311 www.yourcomF5.com



Sheena Romano, the founder of SimplyFIT Philly has dedicated her life to helping people achieve all their health and fitness goals. Sheena specializes in Bridal Boot Camp, Bosu training, kickboxing, and pre/post natal workouts. In addition to personal training, Sheena teaches group fitness classes such as Spin, Kickboxing, Boot Camp and Conditioning. Sheena believes that working out should be simple and fun. YOU can be SimplyFIT!www.simplyfitphilly.com <http://www.facebook.com/SimplyFIT-Philly>