

# MEET THE INSTRUCTORS FOR THE 6TH PHILLYFIT WORKOUT-A-THON

Sunday, Nov. 6th, inside the PhillyFIT BASH! • 11-3pm • PSC, One Highpoint Drive, Chalfont, PA. Cost \$10 per person



## Extreme Fitness **Martin McLoughlin**

**Martin McLoughlin**, the owner of *Extreme Fitness Personal Training, Inc.* has been changing physiques and lives for 15 years. An ISSA certified fitness trainer with certifications in Sports Nutrition, Fitness Nutrition, Strength & Conditioning, Fitness Therapy, TRX Suspension Training, Yoga, Boot Camp and Post-Rehabilitation Training, **Marty** and his Extreme Team operate a personal training facility like no other. He has put his own spin on group fitness with "Extreme Fit", a synthesis of boot camp, mixed martial arts, yoga, pilates, old-school weight lifting and strong man training that challenges the mind, body, and spirit while burning massive calories and increasing strength in a functional way. It is a class for all ages and fitness levels. Watch **Marty** and his clients in action on Facebook at [www.facebook.com/ExtremeFitnessTraining](http://www.facebook.com/ExtremeFitnessTraining) and on YouTube at [Thehealer714.Fox](http://Thehealer714.Fox) for more information please visit: [www.extremefitnesspa.com](http://www.extremefitnesspa.com)



## ABS LAB **Robert Jones**

**Robert Jones** is the owner of Riley F.A.S.T., an in-home fitness and sports training company. He is an AFSA group fitness instructor, SCW Fitness Boot Camp Instructor, and Fitour Personal Trainer. Robert holds a BS degree in Exercise Science from Immaculata University and now teaches a health and fitness program there. Robert instructs at the Fairmount Athletic Club, Audubon YMCA, and Versafit where he teaches everything from boot camp to pilates. For more information on Robert, please visit: [WWW.RILEYFAST.COM](http://WWW.RILEYFAST.COM).



## Punjabi Bhangra and Flamenco Dance **Lisa Mele**

**Lisa Mele** is a Certified Group Exercise Instructor and Personal Trainer (AAA/ and AFSA Member). Lisa won the 2011 "Easiest to Follow" Instructor Award at the 5th PhillyFITWorkout-a-thon! She teaches a variety of Group Exercise Classes including Zumba (her favorite) for Bally's Total Fitness, Future Fitness Powered by AFC and Club Metro (USA) Marlton. Lisa was a former Professional Cheerleader for the USFL Philadelphia Stars and will be seen in the documentary movie "The Team that Time has Forgotten". Lisa is also working on developing a "Beginner's Guide to a Total Body Workout" DVD that will hopefully be out before the end of this year.



## Workout-A-Thon Instructor **Ian Savitz**

**Ian Savitz** holds a Bachelor of Science in Exercise Science from Ursinus College, and a Master's of Science in Sport and Athletic Administration from West Chester University. Employed by FACTS Fitness for over 10 years, Ian has transitioned from personal trainer to Vice President of Operations, overseeing several corporate and commercial health clubs. Ian's professional accomplishments include appearances in various publications, several speaking engagements, and awards for innovations in fitness programming. Ian also serves as an adjunct instructor for the Penn State University kinesiology department.



## ZUMBA **Carol Nieto**

**Carol Nieto** has been in the fitness industry for over 20 years and specializes in Group Fitness. She is certified thru AFSA, AAAI, Silver-Sneakers, FlirtyGirl, CPR and First Aide. **Carol** is licensed to teach Zumba, Zumba GOLD, Zumbatomic and Zumba Toning. She has taught Zumba Chair to the Visually Impaired of Bucks County and presently teaches Assisted Living/Alzheimer's patients where the average age of her students happen to be 95! She also runs independent Zumba classes for kids (8-12) and adults. **Carol** was a Zumba Gold Presenter at 2010 PhillyFit Expo and received an award for BEST WORKOUT FOR SENIORS. If you would like more information on Carol, please visit: <http://www.zumba.com/en-US/profiles/24734/carol-nieto>. You may also find her on Facebook at: <http://www.facebook.com/pages/Zumba-at-Dance-Elite/308033512888>



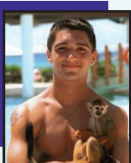
## Piloxing **Missy Milewski**

**Missy Milewski** graduated from West Chester University with a Musical Theater degree and has been dancing since she was in grade school. She loves how Piloxing combines Pilates (Sleek), Dance (Sexy) and Boxing (Powerful!) She is the co-owner of Voltage, which is a club that offers Zumba, Piloxing, Turbo Kick, Stride, Power Yoga and much more! For more information on Missy, please visit: [www.voltagefitclub.com](http://www.voltagefitclub.com)



## Philly Zumba **Dara Patrusky**

**Dara Patrusky** is best known for her high energy shake it till you break it style. Dara has been dancing most of her life starting in ballet then moving on to hip hop and jazz. She found Zumba in 2001 but never got certified until a fitness friend talked her into it two and a half years ago. It has been an amazing journey and she has not looked back since. Dara gave up her full-time position as an Advertising Sales Executive to bring Zumba joy into peoples' lives. She enjoys meeting all sorts of new people and helping them change their lives with Zumba. Nothing pleases her more then to see the magical energy that happens in her Zumba classes and the happy smiles on everyone's faces. Dara is part of Team Spice Zumba and she recently formed her own Zumba Team from B & R Fitness. They have appeared at PhillyFIT and Pax and other local venues.



## SPORTS TRAINING **Joe Pepe**

Want to become better at the sport you play? Maybe you just want to become built like your favorite athlete? No matter your goal **Joe Pepe**, NCSF certified personal trainer, will help you reach it. You will work at a high intensity, while working every muscle in your body! You will become stronger, faster, and more agile! You will also strip away the extra weight that is holding you back from doing what you dream! Come ready to train like a professional athlete!

For more information on Joe, please visit: <http://www.fitnessworksphiladelphia.com/index.html>, <http://www.sportingclubbellevue.com/> and [http://www.facebook.com/pages/Sporting-Club-At-The-Bellevue/115900275096918#/>phillyfitness](http://www.facebook.com/pages/Sporting-Club-At-The-Bellevue/115900275096918#/)



## ZUMBA Double Trouble

**Crystal** is frequently featured on QVC as a testimonial for ZUMBA® Fitness for her 100lb weight loss. **Courtney** is a self-proclaimed gym rat who is constantly in the gym and has tried everything and still struggled to lose weight. With ZUMBA® Fitness, she has been able to lose 50lbs. so far. Together they are known as Double Trouble! For more information on Double Trouble, please visit: <http://www.zumbawithdoubletrouble.com/About-Us.html>



## DDIP Partner PT **Dr. Drill Instructor Program**

**Dr. Aaron Oberst** is the innovator and developer of the Dr. Drill Instructor Program (DDIP), an eight-week lifestyle change and health mentoring regimen. A Marine gun turned Doctor of Chiropractic; "Dr. Drill" puts his combined knowledge and experience together in this revolutionary program for physical and mental well being. The mission of DDIP is to discipline, motivate, educate and exercise the public to an optimal state of health. Dr. Drill specializes in early morning physical training for all fitness levels. "What You Put in, You Will Get Out!" For more information on Dr. Oberst, please visit: <http://www.drdrillinstructor.com/doctorAronOberst.html>



## KICK BOXING **Ryan Gillespie**

**Ryan Gillespie** is the Branch Director for the LaCrest Health Center of the NorthPenn YMCA in Lansdale. He has his Masters Degree in Exercise Science from Slippery Rock University, Certified Group Fitness Instructor and Weight Training Instructor through AFSA and Group Cycling Instructor through Reebok. He has been in the fitness industry for over 20 years, instructing Kick Boxing classes for over 12 years and Body Combat classes for 2 years. When **Ryan** is not working he enjoys spending time with his wife and three children and also playing soccer. **Ryan** is a former member of the US National Beach Soccer team.



## Sultry Under the Stars - Belly Fit **Zen Aura**

**Zen Aura** is an Award-winning professional dancer, dance fitness instructor & elite athlete. Featured on Comcast Cable Network's "Meet the Coach" & World TV, this 6X All-American & National Champion in Track & Field and East Coast Fantasy Fusion Belly Dance Champion fuses her athletic experience and artistic expression to create a unique blend of aerobic exercise and world dance for an exotic and dynamic workout. Zen provides an empowering experience for students and a challenge to even the most seasoned fitness enthusiast, from the inside out!

For more information on Zen, please visit: [www.Zen-Aura.com](http://www.Zen-Aura.com)



## BOXING **Phil Chebook**

**Phil Chebook** has background in boxing dating back to 1980, where he began working out in gyms with boxing trainers and then continued to hone his skills on his own. He has been a devout member of Lacrest Health Center and North Penn YMCA for over twenty years. Along with boxing, **Phil** is also an avid runner and has organized many races. Last year, he decided to work with a professional boxer in order to prepare for his first class as an instructor. **Phil** has been teaching basic boxing since February 2011 and admits he is definitely living the dream!



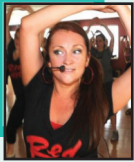
## GLEEKERCISE **Deborah Hirsch**

**Deborah Hirsch**, a self-proclaimed dance addict, founded Philly Dance Fitness in early 2010 to promote her favorite activity as an exhilarating, accessible form of exercise. Staffed by a network of top-notch instructors, Philly Dance Fitness offers everything from Zumba to PiYo to Frisky Fridays, a ladies-only striptease aerobics party. Outside of running weekly group classes, Deborah collaborates with other choreographers to come up with creative workshops that tap into pop culture, from the annual "King of Pop Hip-Hop" to a Lady Gaga-themed workshop that debuts this November. Get a taste of "GleeKercise" at the PhillyFIT Bash, a seasonal workshop that celebrates the hit television show "Glee" by pairing heart-pumping dance moves with the casts' most infectious songs. All Philly Dance Fitness classes are specifically designed to feel like dance parties (at least, sweat, gym-clothes parties) and accommodate any level of dance experience. Deborah also organizes a number of free community events every year, including a citywide Philadelphia Dance Day that got more than 300 people out grooving this past July. In addition to certifications in group fitness, Zumba, Urban Striptease, step aerobics, circuit training and target kickboxing, Deborah teaches wedding ballroom dance lessons, cardio belly dance, aqua dance, hip-hop, sculpt, core conditioning and boot camp. She's been featured by the Philadelphia Inquirer, Metro Philly, Philadelphia Magazine, the South Philly Review and a variety of local television stations. Find out more at [www.phillydancefitness.com](http://www.phillydancefitness.com). Work it, shake it, move it, DANCE!



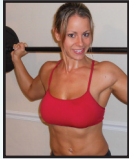
## Zone to Be Toned **Tracy Hess**

**Tracy Hess** is known as the Top Premier Fitness Guru "aka" The Diva of Fitness. She was an Eagles Cheerleader and award winning NPC National Ranked Competitor, plus instructor of the Bodysizzle Workout Video Series. **Tracy** is certified via ACE, AAAI, AFTA and LA Fitness Group Fitness. During the PhillyFIT Workout-A-Thon, she is going to lead you through her latest masterpiece "Zone to be Toned," which incorporates targeted weight training with a slice of High Energy Funk-adelick Dance combinations. With over 30 years of experience in the fitness industry, **Tracy's** motivation, energy and pure drive inspires others and is what keeps her fitness vision alive and kicking! For more information on **Tracy**, please visit: <http://www.zoned2toned.com/>



### Red Hot Dance Fitness™ **Christine Gallagher**

**Christine Gallagher** is a dancer, choreographer, certified group fitness instructor and creator of Red Hot Dance Fitness™. Formally trained in Philadelphia & NYC, **Christine** danced competitively with the nationally ranked NCAA Temple University Diamond Gems and began teaching group exercise while an undergrad. With 20 years in the dance and fitness industry, **Christine** combined her passion and expertise to design a dance based fitness workout that was easy to follow yet challenging enough for even the most experienced dancer all while providing a vigorous cardiovascular workout. Winner of 2 celebrity judge awards at the July 2011 PhillyFitWorkout-a-thon, Sexiest Workout & Judges Top Pick, Red Hot Dance Fitness offers teacher trainings as well as ongoing choreography for instructors. For more information, please visit: [www.RedHotDanceFitness.com](http://www.RedHotDanceFitness.com)



### MOTIVATION SPECIALIST **Mariah Membrino**

Marriah Membrino is an ACE Certified Personal Trainer with an SCW Outdoor Boot Camp Instructor Certification. Marriah uses motivational tactics to help her clients achieve their own personal goals. She is the originator of her own personal training service and website: [phillyfitnessguru.org](http://phillyfitnessguru.org). From this platform she offers group fitness in the form of an outdoor boot camp based in East Fairmount Park, Philadelphia (now expanding to the Mainline and West Chester areas), and one-on-one training either in-home or at most local gyms. Marriah's clients receive fitness training as well as life style counseling to create the optimal personalized fitness program. She is an exemplary pupil of nutrition and wellness and is currently working on her RD (Registered Dietitian license). By relating to her clients' struggles with her own, she provides a unique insight into the otherwise exclusive world of aggressive body transformation. Marriah is also a wife and mother and has been an athlete in dance and gymnastics most of her life. She herself has struggled through injuries, but is addicted to staying fit and inspiring others to follow in the path of an all-around healthy lifestyle.



### RANGER TRAINING **Sgt. Nate**

**Sgt. Nate Griffin** is the founder of Professional Touch Fitness Training Studio and the creator of theRanger Training Workout System. During the PhillyFIT Workout-A-Thon, he is going to change things up a bit with a dance aerobic routine celebrating the music of Michael Jackson and The Jacksons. Join him as he brings to life to songs such as "I want you back", "ABC", "The love you save", and "Shake your body down." For more information on **Sgt. Nate Griffin**, please visit: [www.sgtnate.com](http://www.sgtnate.com)



### TAE BO **Asa Cansler**

**Asa Cansler** is a Nutritionist and Health and Fitness Instructor Certified by the American College of Sports Medicine. **Asa** also holds a degree in Health and Exercise Science and is Certified by 8 time World Champion Billy Blanks to teach his Tae Bo® Fitness classes. Alongside her New Jersey assembled Tae Bo® team, **Asa** conducts the only Tae Bo® live classes in the State of New Jersey and remains one of only a handful of instructors certified to teach in New Jersey. She can be seen in several of Blanks Tae Bo® videos including Acceleration, Dedication, (T3-Total Training Transformation), Tae Bo® Funk and Free Style Funk as well as the Get Amped Philadelphia infomercial. Awarded "Most Challenging Instructor" at PHILLY FIT Magazine's 11th Annual Philly Fit Bash Workout-a-Thon, **Asa** has been featured by the TODAY show NBC, ABC 6 Action News HealthCheck, NBC 10 Terry Ruggles on the Road, CBS 3 Talk Philly with Pat Ciarrocchi, Burlington County Times, MyCommunity Trend and many other media outlets. **Asa** is the President and founder of H.O.P.E. Fit Club United, Inc. (Helping Others through Physical Exercise) A non-profit company that sponsors free fitness and nutrition classes to the under privileged. For more information, please visit: [www.asacansler.com](http://www.asacansler.com)

**FOR MORE INFORMATION  
CALL 215-396-0268**