



50+ Adult Registration Form

Centennial Recreation Senior Center • 50+ Adult Programs
171 W. Edmundson, Morgan Hill, CA 95037 • (408)782-1284

Contact Information	
Name	Home Phone
Address/City/Zip	Work Phone
Email Address	Cell Phone
	Emergency

Participant's First and Last Name	CRC Member # (if applicable)	Birth Date	Ethnic Origin	Class Title	Fee

Make all checks payable to "Mt. Madonna YMCA"

Total Fee: _____

Instructor Bios

Arceli Bell and Marieta de la Cruz :Sifu Marieta has studied Martial Arts since the age of 12. She holds 2 Black Belts: a 3rd degree in Chinese Kempo and a second degree in Okinawan Kempo. Sifu Marieta and Sifu Arceli have over 20 years of teaching experience between them. They love teaching youth, teens, and adults alike.

Valerie Benitez: She is qualified, certified and trained in the instructional art of yoga.

Dolores Burdick: She has been teaching classes since 1985. She has taught step, quad step, floor aerobic and strength training classes in Morgan Hill and Hollister, CA.

Victoria Burgener: She is an ACE Certified Personal Trainer since 2001 and a Schwinn Indoor Cycling Instructor, since 2007. She is an outdoor cycling enthusiast having completed two 100-mile centuries and over a dozen metric centuries. Vicki volunteers with the Leukemia and Lymphoma Society's Team in Training cycling program. She also enjoys competing in sprint triathlons and is a member of Morgan Hill Masters.

Ryan Chamberlin: As an avid mountain biker, he was looking for a fun way to maintain his fitness through the rainy off-season when he discovered Studio Cycling. To his surprise, he enjoyed the classes so much that he continued with them year-round! As a YMCA instructor since 2004, he has been driven to take class participants on an indoor version of some of his favorite mountain bike rides.

Nancy Domnauer: She has been teaching children for over 15 years. She is former teacher and assistant director of a local preschool and she enjoys watching children learn, develop and grow. Nancy was also a long-time employee of the Children's Discovery Museum of San Jose.

Leigh Donaldson: Leigh is a former Director of the Cytotechnology School for the Mayo Clinic in Rochester, Minnesota, and is a long time Morgan Hill community volunteer. She is passionate about enabling seniors to use computers.

Patrick Dickson: He began studying Taiji in 1978. Patrick is instructing the simplified and long forms of Yang and Chen style Taijiquan. He also taught his first the fast set of Yang style Taijiquan. Patrick has been teaching Yang and Chen styles Taijiquan since 1988. He has also studied Qin Na, which is a joint submission techniques style. My teacher for Taijiquan was Arthur Lee Starling, whose main teachers were Tung Yin Jie, Gene Chen, Patrick Lee and George Xu.

Sue Flanagan: Owner of Tango Fantástico: studied Argentine Tango under David and Nancy Mendoza of San Francisco with additional influences from Nora Dinzlacher and renowned Argentine maestros Gustavo Naveira and Giselle Anne, Mariela Franganillo and Jorge Torres, Hugo Patyn and Miriam Larici, Nito & Elba Garcia, Julio Balmaceda & Corina de la Rosa among others.

Melissa Gunter: Melissa has been a fully-licensed Kindermusik instructor for over 10 years. She holds a B.A. in Piano Performance and has taught piano in Morgan Hill for over 15 years.

Karen Hegglin: Karen is the owner/teacher of Karen's Art Zone and has studied drawing, water color, and various art methods, including Monart. Sharing her love of art with other budding artists, be they child or adult, is one of her greatest pleasures.

Margot Hessling: In 1986, she acquired her first group fitness certification (AFAA) at the University of Hayward and then later in 1989, my ACE (American Council of Exercise) certification. Over the years, her specialties have ranged from hi-low impact aerobics, strength conditioning, step aerobics, and even some pilates/yoga core work. I'm also looking forward to being certified in teaching "Zumba" in the near future.

Julie Jensen: She offers seven years of experience as a Certified Mat Pilates Instructor with Balanced Body University. Julie also holds Yoga fit Level 1 certification and enjoys teaching beginning Yoga. Over the years she has also acquired her certification in Group Exercise, ACE, and Certified Personal Trainer, N.A.S.M., as well as certifications in Group Cycle and Step Aerobics.

Dolores Kent: She is currently working and training towards an Anusara Yoga Instructor Certification. She has taught aerobics, yoga and nutrition classes at Gavilan College and at fitness centers in the area. Since 1995 she has concentrated mostly in yoga therapy and meditation. She is a graduate from State of California approved Bauman College of Nutrition in Cotati CA.

Jessica Kent: Jessica started practicing and studying yoga while living in Los Angeles under many of the best teachers in the world. Jessica likes to blend what she has learned from all of her great teachers to create a fun, transformational and healing practice of yoga. Teaching yoga is one of her favorite things to do!

Scott Krause: Scott has been a Class-A PGA professional since 1993. He was the 2005 NCPGA teacher of the year and has been teaching golf at Eagle Ridge for 6 years.

Alison MacMillan: Alison first worked out doing general sports activities like running, hill walking, rock climbing, and cycling, and kept motivated by training for half marathons. She then discovered aerobic, step and circuit training classes and realized that she could keep going for longer, and work harder as the various routines, change of pace, and the music really inspired her. She is also a certified personal trainer.

Amy McElroy: She began practicing yoga for therapeutic benefits in 1994 during law school in Texas. Amy has obtained certification from Yoga Fit in Levels I and II, as well as a Yoga Fit Kids teaching credential. She has taught both children and adults at the CRC, as well as at other locations throughout the community.

Magdalena Mendez: Magda has been teaching since 1996. She can bring out the dancer in anyone. Her dance career has taken her to various cities around the country and has given her the opportunity to work with the best talents in the dance industry. She is well versed in all Ballroom and Latin Dances and enjoys teaching all levels of dance.

Dee Nguyen: She started working at a local acupuncture and healing center where she practiced Tai Chi for more than 10 years. She has learned from the best of instructors in her years of practice and instructing. She has a certificate of achievement in alternative healthcare from the California Medical Board of Acupuncture Committee and also certified in Tai Qi Tuan, acupuncture and alternative medicine.

Susan Paxton: Cooking teacher for the past 5 years in numerous communities and have a reputation for providing a fun environment for children to learn healthy nutrition and confident cooking skills.

Petra Rainbolt: She has been a Group Cycling Instructor for the YMCA for over a year now. Petra was born and raised in Holland and came to the USA seven years ago. In 2006, she became an American citizen. The YMCA has given her the opportunity as a group cycling instructor and also by letting her organize a triathlon training group.

Jane Rekedal: Jane Rekedal makes pottery in her Aroma's studios and teaches ceramics classes at Gavilan College. She has 36 years of experience and focuses on functional ware with interesting and refined forms. Nature and ancient pottery often serve as inspiration for her work.

Laurel Rudd: She has been a group fitness instructor in the bay area for the past 20 years. Laurel is proficient in Step, Quad Step, Total Body Conditioning and Zumba and is AFAA and CPR certified.

Suzi Sellers: Suzi Sellers has been teaching dance and fitness for 15 years. Her specialties include hip hop, step, salsa and body sculpting. She is a former Western Regional Aerobics Champion, and regularly volunteers her time to teach dance and drama in local schools. She is the proud mother of four children.

Julia Souders: Julia teaches a variety of class geared toward children. Her classes are mostly art based and allow for your children to explore their creative side. She has been teaching for over 15 years.

Stuart Spence is a PGA Member, turned pro in 1980. He was the Director of golf instruction at Pajaro Valley G.C. from 1985-1999. Opened and leased Airport Driving Range (City of Watsonville) 2000-2006, and is currently Head Golf Professional at Eagle Ridge Golf Club.

Tim Thornton began coaching in 1961 when he started the Morgan Hill Swim Club, and the Live Oak HS swimming and water polo programs. He has been a Masters swimmer for 20 years, including successful trips to both the Pacific and National USMS Championships.

Dale Vanderpool: Dale has been teaching gymnastics since 1992. She specializes on in child development with gymnastics. Dale is trained in safety techniques and spotting. Her goal is to create a safe and healthy physical education experience for your child.

Anthony Villafranca: Tony has always been involved in sports and exercising. His interests include Power Lifting to Body Building; and has always enjoyed it because it was a way to relieve stress and would allow him to eat a little more. He has always been on the heavy side, until the age of 40 where he made a dramatic lifestyle change that has placed him in the best shape of his life.

Ana Villarreal: She is simply a lover of dance and music, and knows how to dance some styles really well. Ana is a YMCA Group Exercise Instructor and Zumba Certified since July 2007.

Coach Tom Vischer brings a wealth of experience, knowledge and understanding of the game of soccer to Just4Kicks, inc. In addition, he has thirteen years experience in teaching youth soccer players in the bay area. Coach Tom holds an 'A' license, the highest license the United States Soccer Federation (the governing body of soccer in America) offers as well as the national 'Y' (youth) license. He also trains local youth teams in the area.

David Wang: David currently teaches LEGO FUNgineering classes in Morgan Hill, Milpitas, Newark, & Gilroy. He also teaches SAT prep classes. David holds B.S. & M.S. degrees in Mechanical Engineering, and he was a "guest competitor" in MIT's world-famous 2.70 design competition class (won in 1st 2 rounds, lost in 3rd round). David scored high enough on the SAT to be accepted into MIT & Stanford for undergrad study.

Terri Wright: She is Anusara aspired and she is on her journey to becoming a certified Anusara Instructor. Terri is also certified Group Exercise Instructor since 1995, a Water Aerobics Instructor since 1998, and a Certified Personal Trainer since 2000. She also has studied nutrition at De Anza Community College.