

Instructors

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.

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

Victoria Burgener: Vicki 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.

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: Patrick began studying Taiji in 1978. He has been teaching Yang and Chen styles Taijiquan since 1988. He has also studied Qin Na, which is a joint submission technique style. His teacher for Taijiquan was Arthur Lee Starling, whose main teachers were Tung Yin Jie, Gene Chen, Patrick Lee and George Xu.

Bernie Flannigan: Bernie is black belt certified by the International Hombu in Noda City, Japan and is directed by the 34th grand master Masaaki Hatsumi.

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, Margot acquired her first group fitness certification (AFAA) at the University of Hayward and then later in 1989, her 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. She is looking forward to being certified in teaching "Zumba" in the near future.

Julie Jensen: Julie 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: Dolores 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 Cotat, CA.

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.

Helena Maciel: Helena is a Certified Massage Therapist. Helena received her Massage Therapy Certification from West Valley College. She also has additional certification in Prenatal

Massage. Although she personally enjoys Prenatal Massage, she has extensive training in Myofascial Release, Deep Tissue, and Swedish modalities. Helena provides a professional, friendly and safe environment for deep relaxation, rejuvenation and ease of muscular tension. She is dedicated to continued education and expanding her knowledge of massage therapy on an ongoing basis.

Amy McElroy: Amy 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.

Mike Meyers: Mike is a member of USPTR and has been teaching tennis for over 6 years. He currently competes in USTA matches in Open, Rated, and Senior competitions. He has earned Gold, Silver, and Bronze medals in the Senior Olympics through both Tennis and Basketball events.

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

Petra Rainbolt: Petra has been a Group Cycling Instructor for the CRC for over a year. She also has organized and teaches a triathlon training group. Petra was born and raised in Holland and came to the United States 7 years ago.

Laurel Rudd: Laurel 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.

Frank Reuter

Julia Souders

Suzi Sellers: Suzi 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, who range in age from 18 to 2.

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

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

Coach Tom Vischer: Coach Tom 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: Terri is Anusara inspired and she is on her journey to becoming a certified Anusara Instructor. Terri is also a 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.