

Group Fitness Instructor Bio's 2017

Tracie Bjoin:

I currently teach Zumba Fitness and Zumba Kids at the MGC. I started teaching Zumba in December of 2013 and love every minute of it. With hard work in the gym and on my diet I was able to lose the 65 pounds I gained with the birth of my children - TWICE! This is when I fell in love with Zumba Fitness. It is such a fun workout. I can smile, sing, dance and sweat, not even realizing an hour has passed and I just got in a great workout! I grew up playing sports on the college level, then recreational after graduating with my degree in Marketing. My biggest passion is coaching high school Track and Field in San Tan Valley as a volunteer for the past 5 years. It gives my heart so much joy to help others reach their fitness goals while maintaining my own!



Avette Torrente-Warrior:

My top interest in life is choosing to be HAPPY. I love life and every day that I can open my eyes is a blessing. I'll dance all the time if it will help make the earth a better place – with my matching headbands of course. I love anything sparkly, glittery, pink and sassy; this also describes the jewelry that I make. I have a Karaoke machine which I love to sing with and be the life of the party. I'll DJ yours if you'd like me to!

I have been a certified ZUMBA Fitness Instructor for 3 years now and have been teaching Line Dancing, Basic Ballroom and Salsa since 2006. In 2007 I set a goal "Fit @ 50" – lose 50 pounds in 4 years. I quit smoking and started ZUMBA as a non-strenuous cardio exercise. In 2011 decided I wanted to teach ZUMBA and share my talents with folks of all ages and abilities.



I am Filipino, born and raised in the Philippines, but have been a US citizen for 35 years with my husband and 2 beautiful children. I am obsessed with spa facials, flamingos and shopping. I love to find a good sale and am very knowledgeable about all the malls in the area. My personal quote: "If I bling, I help make the Earth sparkle".

Wendi Glisson:

I love hiking, running races for good causes, The Renaissance Festivals Drumming, meditation, nature, proper nutrition and exercise. I began teaching fitness almost 2 years ago. I fell in love with group training when I was doing Insanity and had a strong desire to become an instructor. I became even more inspired then I joined the MGC 3 years ago going to Boot Camp. I really wanted to do this. I got trained through AFAA and acquired my certification with the hopes of getting any position at the MGC. Now I have my own classes and have been going strong for almost 2 years. I absolutely love what I do and only work for the MGC. I am dedicated to helping people of all ages achieve fitness at their level. I meet the people where they are at and go from there.

A big thank you to all who attend; if it weren't for all of you there would be no me. THANK YOU!



Mimi Judah:

My interests include: paddle boarding, windsurfing, surfing, racquetball, tennis, hiking, fishing, and including my dogs in most everything I do

I have been teaching/working in fitness for 18 years. I began as a Physical Education teacher. I joined the MGC when it first opened. I took the hardest class they had to offer, Boot Camp. I liked it and participated in it for many years. I began subbing for the classes 4 years ago, and now here I am, still doing what I love! I also still teach Physical Education at a local charter school.



Grace Guilfoyle:

My interests include hiking, biking, running, reading, essential oils, natural cleaning and anything health related. I have been teaching 14yrs. My girlfriend opened a small yoga studio right here in AJ, Playalife Yoga. I was taking several classes from her and requested that she do some Kundalini yoga because I really enjoyed that style of yoga. She responded, "Why don't you teach it?" The rest, as they say, is history. I have a wonderful husband, Lorne, and a beautiful 10yr old, Ezra. Oh, and I can't forget my loving black lab, Zak. I love to play the guitar and sing, as well as ride my bike and travel.



Tare Edlund:

My interests are being outside, camping, hiking, and kayaking. I enjoy doing Yoga and going to the gym away from my regular job. I love helping people. I've been teaching for 7+ years; I got into it after a motorcycle accident left me in a wheelchair with the possibility of never walking again. I became a student and loved the physical, mental, and emotional benefits of it. I then went out and got certified, which goes along with my other job being a massage therapist- I enjoy helping others and understand pain and limitations.



Sharon Corrigan

I am a RYT-500 Yoga Instructor (registered with Yoga Alliance), Bodyworker & Massage Therapist. I am a lifelong yoga practitioner of various disciplines. My hobbies include: sketching, guitar playing & long walks surrounded by Mother Nature.



Gloria Brancaccio:

My interests include spending time with my family, friends, and Christian church community! I enjoy bike riding, swimming, camping, cruising, laughing, healthy cooking (and eating!), good coffee, and reading. I also watch my share of TV - good family/faith based movies, comedies, and of course, "The Biggest Loser" and "Extreme Weight Loss" with the valleys' own - Chris & Heidi Powell!



I began my "wellness" journey in July 2007. That was the turning point in my life to finally become healthier and lose weight. I joined a weight loss group and a water aerobics class as a participant in the same week. I loved it! Before I knew it, I was losing weight like crazy! For me, I took the "one-pound-at-a-time" approach, and I lost 90 of 'em! Maintaining weight loss can sometimes be challenging; but finding something you like to do, and have fun doing, makes it much easier! In 2014, I was able to work a part-time job, and also became certified and work part-time as a Group Fitness Instructor - teaching a Silver Sneakers Circuit Class, as well as a Certified Water Aerobics Instructor! Now I can truly say - "I love this job!" I love encouraging people of all ages, and showing them that change IS possible to get and stay healthy, and it can be challenging and fun! It's time to take responsibility for our own health and take the necessary steps to make that happen - no more excuses! I'm more than willing to share my story with anyone who will listen, if it will inspire them to get moving! Just start somewhere - walking is free! Even if your focus is just to "feel better", your body was made to move and get that heart muscle strong! I like to use the word "activity" instead of the "e" word (exercise!). I was born & raised in Arizona, living in AJ for the past 15 years! I have a very supportive and loving husband, Anthony, of 17 years and we have a very sweet teenage daughter, Christiana.

Bill Cartmel:

In addition to learning and teaching Tai Chi, I enjoy studying the other Chinese internal art of Qigong and traditional Chinese medicine. I am a writer and I am finishing up my first fiction novel. I enjoy hiking and visiting the many archaeological parks throughout the southwest. I am a music lover with an extensive collection of music and I enjoy going to see a band or musician play live.



I have been teaching at the MGC since 2006, but I have been teaching Tai Chi and Qigong for over ten years. I started learning Tai Chi over twenty years ago for stress relief due to a very demanding job doing accounting and finance and have been hooked ever since.

Deborah JOYa:

I have enjoyed facilitating yoga classes since 2000, and lead group and private Yoga and Meditation sessions as well as retreats. Having healed myself naturally of many physical and emotional issues, I love to share my experience and knowledge about wellbeing, which is evident in my science of yoga cartoon which can be viewed at www.theinnerpieceofyoga.com. I received my Yoga Teacher certificate from the Pacifica West Institute of Yoga and Tai Chi in California, and am also a massage therapist as well as a college math and physics instructor.



Sonya Chamberlain:

I have been teaching and working in fitness for 6 years. Since I was a child I have always been athletic and was always involved and participated in a variety of sports as well as dance. My dance background started at a young age and I fell in love with it as soon as I was introduced. I also danced for a company called "Power Source" and it was there that I decided I wanted to teach. I really enjoy instructing aerobics and other group fitness classes such as Zumba along with dance classes such as Latin, hip-hop, and modern. My interests are group fitness, hiking, and dance!



Pat Murphy-Carasco:

I have practiced yoga since my first exposure at age fourteen; at that time it was one-on-one with my Teacher Yogi Dinkar.

As an RN with a Holistic focus -including Reiki and Expressive Arts -I've appreciated the many mind/body benefits of yoga. I certified 200 hours Yoga Teaching Training from Innervision Yoga. Recently after an additional 300 hours training, I certified for Healing Emphasis Yoga. My focus in yoga includes teacher certification in Core Stress Release, Yoga Nidra, Chakra Immersion and Rewind Yoga.

Rewind Yoga targets ages 55+. The Rewind series uses a set of safe postures with a threefold purpose- to build functional strength, flexibility and balance while enhancing the mobility of joints.



Dale Meyerson:

I was born and raised near the north side of Chicago. I moved to New York City after graduating from college because I wanted to live in a big city. Once I retired, I moved to Apache Junction because I was tired of living in a big city! I was working out in a gym one day and saw a SilverSneakers class. I found out what the program was all about and immediately became involved. I consider it the best thing I ever did. I learn more every day from my SilverSneakers classes than I could possibly teach them.

I am passionate about Argentinean Tango. I share my bed with a 12 pound part-colored poodle named Lulu and a 10 pound cute black dog named Benjamin.



CeeCee Bohannon

¡Hola!

My name is Citlali Bohannon a.k.a CeeCee. I am from Mexico and dance has been part of life since day one, until I got married. When I moved to the USA this passion came back to my life and I got back on track, realizing that I still have the moves, energy and the determination to dance again. I am a Salsa instructor, T.A. at Arizona State University as a Spanish Teacher, a U-Jammer candidate instructor and a Zumba instructor. I see students who need a basic formation of choreography and I am willing to teach this strong asset to you.



Catherine Moreau:

My interests are: reading, camping and hiking. I also enjoy shopping with my little girl, she's the best shopping partner ever...

I fell in love with Zumba fitness 2 years ago. I have never felt more in shape or more confident about myself! I have been a licensed Zumba instructor since May 2015. I have great mentors; from Avette to Tracie and I can't thank them enough. That's the great thing about being in the Zumba family; you take others underneath your wings. I am so passionate about Zumba, it is the greatest outlet to let loose and have fun! It incorporates music, dance and fun. Warning: Zumba is highly contagious and once you start you cannot stop! It is for everyone, all ages, all backgrounds and both genders!

I have an awesome family; they are my strength, my support. They let me be me! Balance is something that is really important to me and even though I'm a work-a-holic, I think it's always important to make time for those you love and make sure you enjoy life's simple pleasures.



Erin Harral:

Ten years ago, I realized that my obesity was negatively affecting my health and my outlook on life so I took up exercise. With the help of martial arts and Zumba dance, I lost 70 pounds! Exercise changed my life so much that I have since earned my license to teach Zumba and my certifications in personal training, corrective exercise, and group exercise. I love to learn and to share with others. My other interests are kung fu, language and adventure! I hope that every day we can rediscover the magic of fitness together!

