

Vance Barnes

PERSONAL TRAINER

vanceb@minnesotajcc.org

Education/Certification

- BA Mass Media – Journalism
Minnesota State University, Mankato
- M.S. Sports Performance & Leadership
Northern State University
- NASM Certified Personal Trainer



Vance has been an athlete his whole life, playing football and running track in college. Also playing professional football in the Canadian Football League for the Winnipeg Blue Bombers. Extremely passionate about health and wellness, he enjoys helping people reach their goals when it comes to being the best version of themselves. Outside of the JCC, Vance loves watching sports, listening to podcasts, and spending time with his family.

Emily Belongastange

PERSONAL TRAINER

emilyb@minnesotajcc.org

Education/Certification

- BAS in Psychology, University of Minnesota Duluth
- BAS in Kinesiology, University of Northwestern Saint Paul
- AA in Occupational Therapy Assistant
- Ace personal trainer
- Ace group fitness instructor
- Ace medical exercise specialist
- Keiser cycling
- TRX certified Oula and dance certified
- Rollga foam rolling certified



Emily grew up loving the outdoors and continues to enjoy many types of movement both indoors and outdoors. Emily believes in quality functional movement with an emphasis on posture and core, and movements that increase quality of life. She enjoys century rides on her bike as much as she loves a good weight training or yoga and meditation session. Emily believes in lifelong learning and growth and will never stop loving education and research.

Colin Cleveland

PERSONAL TRAINER

colinc@minnesotajcc.org

Education/Certification

- ACE Certified Personal Trainer



Colin's passion for fitness started at a very young age. He started organized sports at five years old, now 30 years later he is still actively playing. After some injuries, he has realized the importance of rebuilding a strong foundation and relearning proper movements. He takes this knowledge into teaching every new client, no matter their current fitness level or limitations. After going to school for personal training, Colin has worked in many different training settings, including a private fitness studio training the general population to training at a mixed martial arts gym working with athletes to compete. Outside of the gym, Colin enjoys playing rugby, spending time with his kids and promoting a healthy and active lifestyle.

Jill Contreras

PERSONAL TRAINER

jillc@minnesotajcc.org

Education/Certification

- BS Kinesiology
- MS Athletic Training
- ACE Certified Personal Trainer



Jill has always been active in sports throughout her life. She eventually made the switch to group fitness to stay fit and decided to get her personal training certification. She enjoys helping all ages and fitness levels and strives to make fitness enjoyable for the individual. Jill has been a certified personal trainer since 2016 and continued going to school to obtain her masters in athletic training. In her free time, Jill enjoys being outside and visiting her family in Alaska.

Mike Dinneen

PERSONAL TRAINER

miked@minnesotajcc.org

Education/Certification

- A.A.S. Personal Trainer and A.A.S. Programming, St. Paul College
- A.A.S. Nursing, Minneapolis Community College
- B.A. Psychology, University of Minnesota
- Minnesota Registered Nurse
- NASM and ACSM Certified Personal Trainer
- EXOS Fitness Specialist
- NASM Certified Senior Fitness Specialist
- TRX Certified, Spinning Certified and Silver Sneakers Certified



Mike has had a life-long interest in health and wellness with a background in psychology, nursing, exercise physiology and personal training. His specialties include working with seniors and teaching group classes including Silver Sneakers, Spinning, TRX and water fitness.

Libby Grundhoefer

PERSONAL TRAINER /
PILATES REFORMER INSTRUCTOR
elizabethg@minnesotajcc.org

Education/Certification

- BA Psychology,
Marquette University
- MS Human Resources,
Northeastern University
- ACE Certified Personal Trainer
- STOTT Pilates Level I Instructor
and STOTT Total Barre Certified
- EXOS Fitness Specialist
- Certified Spinning Instructor and YogaFit Instructor



Libby is a passionate Personal Trainer and Pilates Instructor whose role is to meet clients where they are. She supports clients' healthy, active lifestyles and makes training a fun and rewarding experience. Her love of being active continues as a runner, completing several marathons. Libby is often reminded of the positive effects exercise has on her own fitness and well-being. As a trainer, Libby shares this enthusiasm, encourages a healthy lifestyle and helps others realize their fitness and wellness goals.

Will Halloran

PERSONAL TRAINER

willh@minnesotajcc.org

Education/Certification

- BS Exercise Physiology,
College of Saint Scholastica
- MS Exercise Science –
Strength & Conditioning,
Concordia University Chicago
- NASM Certified
Personal Trainer



Will developed a passion for fitness very early in life. He participated in organized sports from his earliest memories through 4 years of collegiate football at the College of Saint Scholastica. Unfortunately, he suffered a season ending injury during his senior year which caused fitness and exercise to be put on a brief pause. Will completed his degree in exercise physiology and continued on to obtain a masters degree in exercise science. He utilizes his knowledge and experience to meet every client where they currently are in their fitness journey. His experience ranges from working with the general population to high school and collegiate athletes. Will's training style is to improve functional strength and mobility through strength and conditioning modalities. Outside of the gym, he enjoys spending time with his girlfriend and 2 dogs as well as watching football on Sundays.

Amy Hodge

PERSONAL TRAINER

amyh@minnesotajcc.org

Education/Certification

- BA English/Women's Studies
- AFAA Certified Personal Trainer, AFAA Group Exercise Instructor
- StrongFirst SFG I
- FMS Certified & EXOS Fitness Specialist



Amy initially came to the fitness industry as an entrepreneur, starting a group exercise and personal training business. Here at the JCC, she welcomes, orients and connects new members to personal training and fitness offerings. She is also known for teaching and training with a clear, motivating, focused style. Amy specializes in Hardstyle Russian Kettlebell training and functional movement. Amy is a published author; a volunteer with the American Brain Tumor Association; and enjoys dance, literature, cuisine and traveling with family.

Jeremy Macchitelli

PERSONAL TRAINER

jeremym@minnesotajcc.org

Education

- BS Exercise Science, Winona State University
- NASM Certified Personal Trainer



As far back as I can remember I always wanted to be an athlete. I started playing organized sports as early as possible and when I wasn't playing I was watching on TV. I played basketball, football, and ran track throughout high school. And when my playing career ended I decided I wanted to stay in the athletic department and pursue a degree in exercise science. I have previously worked in a semi-private performance gym specialized for athletes from junior high to college aged. I love to learn and want to use that knowledge to help others benefit from the many positives of regular, evidenced-based exercise.

Outside the gym I love watching sports (primarily basketball, football, baseball), movies, and walking my dog around the neighborhood.

Amy Petersen

PERSONAL TRAINER

amyp@minnesotajcc.org

Education/Certification

- BS Business/Accounting
University of Minnesota
- NASM Certified Personal Trainer
- NASM Corrective Exercise
- NASM Senior Fitness Specialist
- Certified Spin Instructor
- Silver Sneakers Certified
- EXOS Fitness Specialist



Amy has always been active. She became interested in fitness after sustaining a series of injuries. Amy emphasizes that everybody's health and exercise journey is different. The main thing is to keep moving. When your body is strong and healthy, you are better able to face the challenges life brings. Amy's training style is to meet you where you are and take you where you want to be.