

# 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.



# Kathi Eilers

PERSONAL TRAINER /  
PILATES REFORMER INSTRUCTOR  
*kathie@minnesotajcc.org*

## Education/Certification

- BS Liberal Arts,  
Arizona State University
- MPA Social Policy,  
University of Minnesota
- NETA Certified Personal Trainer
- ACE / YMCA Pilates Reformer  
Specialist
- ACE / YMCA Group Fitness Instructor
- NETA Certified Adaptive Yoga Instructor
- Green Lotus YogaSculpt, Les Mills BodyPump, YogaFit  
YogaBarre, ASFA Water Aerobics, NETA Barre Connect,  
BarreBliss, and Little Lotus Yoga



Kathi has been sharing her passion for fitness, movement and health as a fitness instructor for just over 34 years. Her teaching currently focuses on Barre, Pilates Reformer, and individual Personal Training. Her love of movement began as a young girl practicing and performing ballet. She started teaching Aerobic Dance at the YMCA and soon added a wide range of class formats as the Program Manager of Fitness, early in her non-profit career. Ms. Eilers has held numerous fundraising positions and holds the pursuit of equity in her heart. Kathi was drawn to practice Barre, while seeking a way to prevent injury and balance running and strength training. She feels gratitude for the opportunity to serve others on their wellbeing journey here at the J.

# 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.



# Jan Johnson

PILATES INSTRUCTOR &  
PERSONAL TRAINER  
*janj@minnesotajcc.org*

## Education/Certification

- NASM CPT
- NASM Nutrition Coach: Plant Based Diets
- NASM Integrated Resistance Trainer
- NASM Neuromuscular Stretch Coach
- STOTT Pilates level 1
  - Club Pilates 500 Hr Reformer Teacher Training
- Yoga Alliance
  - E-RYT 500 YACEP



Jan has had a lifelong relationship with fitness, coming first from a dance background, studying with Alvin Ailey in New York City. Her strong passion for the approach of connecting the mind, body, and spirit creates a vital body connection in all aspects of the human form.

Jan's approach to movement encompasses many modalities of fitness. She is a national powerlifting champion as well as a well known yoga teacher trainer and mentor throughout the Twin Cities.



# Jessie Judge

PERSONAL TRAINER

*[jessiej@minnesotajcc.org](mailto:jessiej@minnesotajcc.org)*

## Education/Certification

- Titleist Performance Institute (TPI)  
- Body Swing
- NASM Certified Personal Trainer
- NASM Fitness Nutrition Specialist
- NASM CardioTraining for Sports
- NASM Core Training
- Active Isolated Stretch



Jessie has been a personal trainer for over 20 years and has an extensive background in functional movement and corrective exercise. She enjoys meeting people where they are in their fitness journey and is passionate about helping them reach their personal goals. Jessie enjoys all types of training, but in the last 8 years has focused on golf fitness. Jessie has worked with elite golfers and weekend warriors alike. No matter what you like doing inside or outside the gym, Jessie can help you improve your game and quality of life.

# Debi Kilde

PERSONAL TRAINER

*debik@minnesotajcc.org*

## Education/Certification

- BA Vocal Performance & Theatre Arts, Bethel University
- NETA Certified Personal Trainer
- NETA Menopause Exercise Specialist
- MOSSA Group Power Instructor
- OULA Dance Fitness
- NETA Barre Connect
- NETA Group Fitness Instructor



I believe exercise is life changing. Whether in a group fitness class, training one on one or training with a small group, I love helping people find joy in movement. I meet clients where they are, help them identify and set realistic goals, and create exercise plans to support those goals and improve day to day life.

I have been certified as a Group Exercise Instructor since 2012 and a Personal Trainer since 2023. At the JCC, I currently teach: Barre, Power Strength, HIIT, Core Express and OULA Dance fitness. I am also the Founder and Director of the JCC Show Choir.

Outside of the J, I work as a freelance singer/actor, music director and vocal coach.

# Mariusz Kujawski

PILATES REFORMER INSTRUCTOR

*mariuszk@minnesotajcc.org*

## Education/Certification

- BA Dance,  
University of WI - Stevens Point
- Comprehensive Balanced Body  
Certified Pilates Instructor



Mariusz is a pilates teacher, freelance dancer, producer, and a total wizard in the kitchen. Originally from Poland, Mariusz was first introduced to movement in competitive ballroom dance in his hometown, Tomaszow Mazowiecki. By the age of 16, he was awarded The Nations Icelandic Champion in Latin America Dance with his partner Gudni Osk as double champions. After moving to Fergus Falls, he went on to pursue his BA in Dance at the University of Wisconsin - Stevens Point, where he began Pilates training with Amy Beversdorf.

Mariusz has guided 20,000+ students in group reformer classes and hundreds of hours of private sessions including celebrity clientele. He has extensive kinesthetic anatomy, biomechanics, and movement analysis training from Julliard anatomist, Irene Dowd, and a full Balanced Body Pilates certification. Mariusz threads his intuitive sense of creativity and humor into every Pilates session. Encouragement is a cornerstone of his teaching practice, but he absolutely does not let his students get away with poor form.



# Kevin Lieu

PERSONAL TRAINER

*kevinl@minnesotajcc.org*

## Education/Certification

- BS Business Administration  
Metropolitan State University
- ACE Certified Personal Trainer



Kevin is a fitness enthusiast whose goal is to share that passion with others. Kevin's passion for fitness stemmed from his many years participating in and coaching youth sports. Kevin aims to help everyone feel strong, and realize that they are capable of more than they believe. Outside of the gym, Kevin enjoys playing games on his Nintendo Switch, binge watching shows on various streaming platforms, and playing with his cat. Kevin enjoys indulging in pizza occasionally, and having a cold can of diet Coke.

# 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.

# Ben Morrow

PERSONAL TRAINER

*benm@minnesotajcc.org*

## Education/Certification

- BS Health & Human Performance, Performance, Bellevue University
- NASM Certified Personal Trainer
- NASM Corrective Exercise Specialist



Ben has held an interest in physical fitness and wellness since he was old enough to walk. Always full of energy and interested in doing anything so long as it involved being active, he played sports both casually and competitively through high school. After spending his Freshman year in a business major, Ben switched to Kinesiology and never looked back. Since then, he has developed a passion and a love for educating others in fitness and movement. Specializing in corrective movement and mobility, he is particularly interested in educating anyone and everyone on proper movement mechanics, the importance of mobility, and injury prevention and rehabilitation. Ben believes in treating every client as a completely unique and one-of-a-kind experience and works hard to make sure that every client has their experience tailored to their needs, wants, and goals.



# Jourdan Myers

PERSONAL TRAINER

*jourdanm@minnesotajcc.org*

- BA Spanish + Portuguese Studies, U of M Twin Cities
- Wellcoaches Certified Health + Wellbeing Coach
- National Board Certified Health + Wellness Coach
- ACE Functional Movement Specialist
- Certified Barre Intensity and Pop Pilates instructor



Jourdan believes fitness should enhance and support the activities you value most in life. She makes movement accessible and enjoyable for everyone, with particular expertise in working with clients who are new to fitness, experience coordination challenges, or are neurodivergent. Her supportive approach is especially suited for those who feel anxious in traditional gym settings. As a Board Certified Health and Wellness Coach, she focuses on creating sustainable, functional fitness programs that align with each client's unique lifestyle and goals. Her experience as a professional musician led her to fitness after managing her own performance-related back pain, inspiring her to help others pursue their passions with ease and longevity. With a background in competitive running and dance fitness, Jourdan educates clients on how their bodies work while creating personalized movement programs that build confidence and strength.

# Kay Schwebke

PERSONAL TRAINER

*kays@minnesotajcc.org*

## Education/Certification

- BA, Biology, University of Minnesota
- BA, Psychology, University of Minnesota
- Master's Degree, Public Health, University of Minnesota
- Master's Degree, Health Journalism, University of Minnesota
- Doctor of Medicine, Mount Sinai School of Medicine, New York
- Internal Medicine Residency, University of Minnesota
- Infectious Diseases Fellowship, University of Minnesota
- ACE Certified Personal Trainer



Kay is honored to work at the JCC, share her knowledge of health and fitness, and continue to grow and learn. After practicing for more than 30 years as a physician, Kay transitioned to a new role as a personal trainer because of her passion for exercise and her desire to make exercise accessible, interesting, and fun. She's looks forward to supporting people as they explore ways to improve their health.