

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.

Kateryna Didenko

PERSONAL TRAINER

katerynad@minnesotajcc.org

Education/Certification

- B.S. Physical Culture and Sport - Specialized in Rehabilitation, University of Physical Education and Sport of Ukraine
- M.S. Chemistry - NaUKMA, Ukraine
- ACE certified personal trainer
- PPSC - Function kettlebell training
- Gray Institute - Applied Functional Science



Kateryna's philosophy: Our body is like the only home our soul has for our entire life. We need to take good care of it so our soul feels comfortable and cozy living there!

Kateryna will help establish and accomplish your goals in a safe and healthy manner, working around your schedule and lifestyle. To maximize the benefits of exercise, it's important to enjoy it rather than feeling pressured.

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.

Hinda Dukes

PERSONAL TRAINER

hindad@minnesotajcc.org

Education/Certification

- BA in Nutrition – NYU
- NETA Certified Personal Trainer

Special Interests

- Osteoporosis Prevention
- Senior Fitness
- Indoor Cycling
- Mobility Training
- Post Rehabilitation
- Balance and Core
- TRX



Hinda started exercising when she had her first of nine children. She fell in love with the experience and the positive impact it had on her day-to-day energy and mood. In addition, her personal fitness practices are the one area she has control over.

Hinda's motivation is knowing that one of the greatest moments is when you realize that one month ago, your body couldn't do what it just did. Her hope is that the people she works with will be empowered to take control of their own health and experience, as she does, the physical, emotional, and spiritual health benefits through exercise.

Riley Earnest

PERSONAL TRAINER

rileye@minnesotajcc.org

Education/Certification

- NASM Certified Personal Training Certification
- NASM Nutrition Certification



Her philosophy is simple but powerful: strive to be one percent better every single day and learn to embrace the uncomfortable, viewing it as an opportunity for meaningful personal growth. She believes progress happens when you're willing to push beyond your comfort zone and trust the process.

While strength training is her favorite way to train, Riley is knowledgeable in many aspects of fitness and is passionate about helping others find what works best for them. Whether someone is brand-new to exercise or looking to break through plateaus, she brings encouragement, patience, and a genuine desire to help people achieve their goals.

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.

Liz Granchalek

PILATES INSTRUCTOR
lizg@minnesotajcc.org

Education/Certification

- MS Exercise Science and Health Promotion
- BA English and Language Studies
- Pilates Method Alliance Certification
- Stott Pilates Instructor Certification
- NASM Certified Personal Training Certification
- ACE Fitness Certified Personal Training Certification
- Stretch Coach Certification



I started working in the group fitness industry in 1999, which is when I was first introduced to Pilates. I received my first Pilates Reformer Certification in Fargo, ND in 2008. I later moved to Beijing, China, earning my Pilates Method Alliance Certification, and then to Shanghai, where I completed my full certification from Merrithew Stott Pilates' first hosting site in China in 2013.

My passion is helping people feel their best, whether through achieving fitness goals or recovering from injury.

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.

Chris Head

PERSONAL TRAINER

chrish@minnesotajcc.org

Education/Certification

- BS Horticulture
- Certified Personal Trainer – National Personal Training Institute
- Corrective Exercise Specialist
- Functional Aging Specialist

Special Interests

- Active Isolated Stretching – Educated by Aaron Mattes
- Strength Training for Women
- Balance and Mobility
- Parkinson Disease, Arthritis and other Degenerative Aging Diseases



Chris has developed her own solid exercise practices around the philosophy of keeping physical independence. As we age, being independent requires us to be able to do natural movements the body is designed to do such as getting up and down, squatting and overall balance and mobility. Chris also encourages strength training. She teaches her clients how to improve their individual strength while working around challenges of aging, osteoporosis, and other degenerative diseases.

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

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.

Alex Lyons

PERSONAL TRAINER

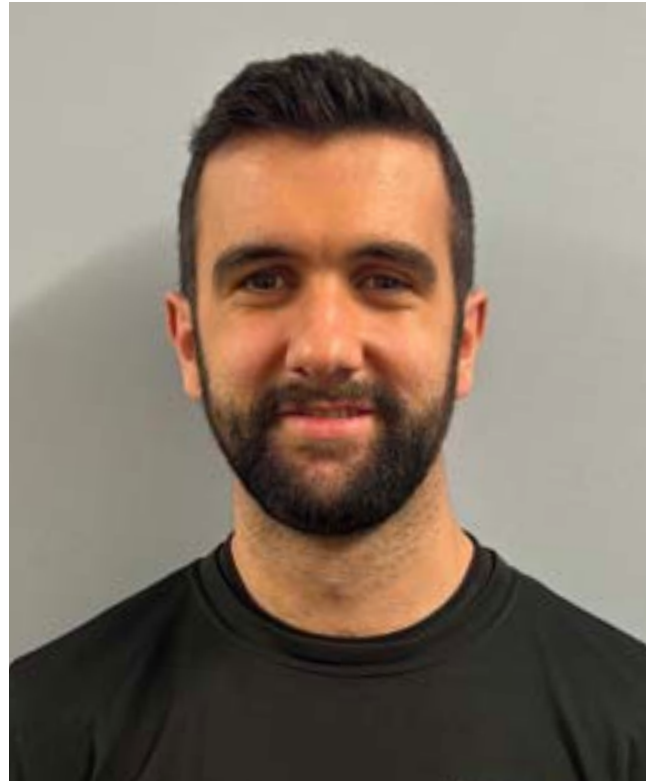
alexl@minnesotajcc.org

Education/Certification

- BS in Kinesiology
- ACE Certified Personal Trainer
- Reflexive Performance Reset Levels 1-3
- CPR/AED Certified

Special Interests

- Athletic Performance
- Movement Exploration
- Speed and Agility
- Injury Prevention



Alex began his fitness journey through martial arts, earning a Second Degree Black Belt in Taekwon-do. In college, he shifted his focus to kinesiology and developed a passion for strength and conditioning. He strives to help clients move better, reduce pain, and enjoy daily life, while also preparing athletes to perform at their best. Above all, Alex is dedicated to making each training session a positive and rewarding experience.

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.

Victoria Mogilevsky

PILATES INSTRUCTOR

victoriam@minnesotajcc.org

Education/Certification

- BS/BA in Marketing/
Communications -UND\
- Advanced Teacher
Training - The Pilates Center
- PPATT with Kathi Ross-Nash
- Lolita San Miguel's Advanced
Teacher Training
- Kathi Grant Heritage Training
- Scolio-Pilates with Karena Thek



I have been a student of Pilates for over 30 years and have been teaching Pilates since 2012. I enjoy introducing people to a method of exercise that I love. I have taught people on all apparatus both in private and in group classes. Pilates improves posture and balance and overall fitness and is an exercise you can do at any age. As we age I find Pilates is essential to my overall well-being.

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

Education/Certification

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



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.

Russell O'Brien

PERSONAL TRAINER

russello@minnesotajcc.org

Education

- BA at Bowdoin College in Computer Science and Physics, *Cum Laude
- NASM Certified Personal Trainer
- NASM Corrective Exercise Specialist
- CPR/AED Certified



Special Interests

- Posture/Alignment
- Mobility
- Injury prevention
- Aerobic fitness
- Kettlebells

Russell is a lifelong athlete, who has come to value exercise for the enrichment it brings to all aspects of life. His personal realization that mental and physical health are inseparable is what led him to enter the fitness industry. Russell believes that no matter your fitness level, exercise should be invigorating and enjoyable. He will work with you to set fitness goals that excite your imagination, and to develop your confidence in embracing the challenges of training as opportunities. Whatever your goals may be, it is his hope that you will develop a relationship with your body that makes you excited to move every day.

Amber Olivier

PERSONAL TRAINER

ambero@minnesotajcc.org

Education/Certification

- NASM CPT (certified personal trainer)
- NASM CNC (certified nutrition coach)
- YTT 200hr - Frog Lotus Yoga International

Special Interests

- Yoga
- Boxing
- Recovery & Restoration
- Posture/Alignment
- Weight loss & management
- HIIT
- Running
- Dance
- Strength Training



Amber is a multi-passionate fitness professional. She loves working with people to rehab after physical therapy ends and training clients to reach their PRs. Since 2008, after retiring from a career as a dancer, she began teaching a variety of fitness styles including; yoga, boxing, HIIT & senior fitness. She believes when you find the fun, victory of reaching goals is imminent. She also believes that diligence and hard work have the biggest pay-offs when recovery is a priority.

Diana Person Solomon

PERSONAL TRAINER

dianap@minnesotajcc.org

Education/Certification

- BS Communication Studies
St. Catherine University
**Magna Cum Laude*
- NETA Nationally Certified
Personal Trainer
- AFAA Group Fitness Certified
- Indoor Cycling
- TRX, kettlebell, BodyPump,
BodyFlow , Mat Pilates
- CPR/AED Certified

Special Interests

- Partner Training
- Strength and Conditioning
for Women
- Cardio / Respiratory Endurance
- Group Fitness Formats
- Fitness For Maturing Adults
- Balance and Mobility
- TRX - Stretching
- Triathlon Training, All Levels
- Daily Living Skills



Having held a variety of roles in the fitness industry for over three decades, Diana understands the importance of staying fit, maintaining mobility, and retaining independence. Although she is well versed in several specific training formats, she believes that variety is the key to achieving overall fitness and great athleticism. Diana is a true motivator and confidence builder. Whether it's training for a triathlon or improving daily living skills, she is here to listen and create a fitness program tailored just for you.

Linda Reiff

PILATES INSTRUCTOR

lindar@minnesotajcc.org

Education/Certification

- BFA Dance - California Institute of Arts
- MA Dance Education - Teachers College, Columbia University, NYC
- Associate Degree - Physical Therapist Assistant
- Physical Therapist License - Michigan and Minnesota
- Comprehensive Pilates Certification - Fletcher Pilates®
- Body Mind Dancing Certification - pending
- AEA Certification- Water Aerobics



Linda Reiff has spent her career as a dancer, choreographer and teacher in New York, Cincinnati, and Lansing, Michigan. She has received choreographic and teaching grants from Ohio Arts Council, the City of Cincinnati and Kentucky Arts Council.

Linda discovered Pilates and became a certified Pilates teacher with Fletcher Pilates® in 2006. She became a studio owner of Pilates Zone Inc. in Cincinnati and in East Lansing MI. During her 18+ years of teaching Pilates, she has taught Pilates equipment classes, private sessions and a variety of floor-based classes to all populations and levels of students.

What inspires Linda as a teacher is her belief in the power of movement to enhance people's lives in a healthful and mindful way. Her Pilates teaching style is full of fun, and is infused with an awareness of the subtleties of movement and functional integrity. Come and feel the flow!

Julie Schuster

PERSONAL TRAINER

julies@minnesotajcc.org

Education/Certification

- BS in Recreation Therapy,
University of North Dakota
- ACE Certified Personal Trainer
- ACE Medical Exercise Specialist
- ACE Health Coach
- Certified Tai Chi Chih Instructor



Julie believes that when we truly honor the body, optimal health becomes achievable in body, mind, and spirit at any stage of life. She specializes in working with older adults and individuals navigating complex health considerations, delivering thoughtful, individualized programming that meets each client where they are.

Known for putting the “fun” in functional training, Julie creates sessions that feel engaging and rewarding while improving posture, strength, mobility, and overall function. Her approach prioritizes sustainable progress, helping clients build confidence, move with greater ease, and ultimately find joy in movement that carries over into joy in everyday life.

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 looking forward to supporting people as they explore ways to improve their health.

Cindy Vavra

PERSONAL TRAINER

cindyv@minnesotajcc.org

Education/Certification

- NETA Certified Personal Trainer (CPT)
- NASM Corrective Exercise Specialist (CES)
- NASM Performance Enhancement Specialist (PES)

Special Interests

- Dynamic Balance Training & Neuromuscular Control
- Functional Strength & Core Stability Training
- Sport Specific Performance Enhancement
- Balance, Mobility & Fall Prevention for Healthy Aging
- Post-Rehabilitation Exercise Progression



My passion for movement began on a Midwestern dairy farm, where daily chores taught me the value of functional strength, balance, endurance, and resilience—lessons that continue to shape my philosophy as a trainer.

I believe movement is one of the greatest investments we can make in our health and quality of life. My goal is to help people build bodies that are ready for whatever life brings, whether that means returning from an injury, improving athletic performance, beginning a fitness journey, or simply moving more comfortably each day.

I create individualized programs focused on functional strength, balance, mobility, flexibility, core stability, and joint stabilization. Over the years, I've developed innovative balance-strength training methods used by athletes, rehabilitation specialists, active older adults, and anyone looking to move better and live healthier.

I believe it's never too early—or too late—to become stronger, move better, and embrace an active, healthy life. There's nothing more rewarding than helping someone discover they're capable of more than they imagined.