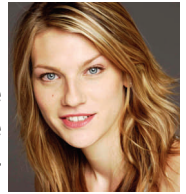


FITNESS & TRAINING STAFF

Tiffany Wilson

Fitness Coordinator—Yoga

Tiffany has been practicing yoga since 2006 and became a certified yoga instructor at The Yoga Collective in Santa Monica, She believes that yoga is a great way to sweat, increase muscle and bone density, while calming the nervous system. Tiffany suffered a lower-back injury when she was in 5th grade and yoga has been a restorative practice for her.



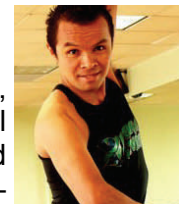
Diane Shiller—Cardio Ballet, Pilates, Personal Training

Diane has been training and teaching kick-boxing, body sculpting, and pilates classes for over 12 years. Her training sessions combine cardio, strength and flexibility moves and her ultimate goal is to achieve a strong, balanced body as well as a healthy heart and lungs for her clients. Diane is also a certified personal trainer.



Jose Modenesi—Vibra Zance/Zumba

Jose has 15 years of teaching experience with cardio kick-boxing, Latin Step, Cardio Camp, and Vibra dance which is a new fitness program mixed with Latin and other International rhythms. Jose is a certified personal trainer and is also a professional choreographer and dancer who boasts a black belt in karate and was once the Latin American Aerobics Gymnastics Champion.



Jake Cawley—Circuit Workouts, Personal Training

Born and raised in Lewiston, Idaho, Jake moved to Los Angeles at the age of 18 where he became a certified personal trainer through the National Academy of Sports Medicine. Jake's goal is to help his clients achieve a supreme state of wellness and enjoy increased performance in daily life.



Erick Krull—Boot Camp, Personal Training

A veteran of the US Navy, Erick is a corrective exercise specialist as well as a performance enhancement specialist. He is a certified personal trainer and also teaches a mentally and physically challenging boot camp class. In his spare time Erick loves the game of golf.



Randi Green—Personal Training

Randi is a certified personal trainer who places emphasis on functional exercise with the objective of improving balance, flexibility, stability, and muscle fitness and endurance. She is also a contributor to Patch.com Sherman Oaks with topics of fitness and lifestyle.



Camille Larrauri—Zumba

Camille is a personal trainer through the National Academy of Sports Medicine, and has more than six years in the fitness industry. Camille's specialty is Zumba, which fuses hypnotic Latin rhythms and easy to follow moves which create a dynamic fitness program with a fun, exhilarating experience.



Sheila Lee—Cyclemania

Sheila is a certified group exercise instructor and personal trainer. She is known for her high-energy, no nonsense approach to group exercise classes. She encourages others to step out of their comfort zone in order to reach their fitness goals. Sheila also holds a degree in Electrical Engineering.

