



## Group Exercise Instructors / Trainers

Centre Ice Fitness has compiled an amazing group of talented instructors. Passionate and committed to providing education instruction and inspiration!

Krista Nieto	Slow Flow , Vinyaa Yoga
Katie Nehil	Slow Flow , Vinyasa Yoga
Crystal Turner	Vinyasa , Power Yoga
Naomi Cole	Slow Flow Yoga, Restorative
Erin McLain Gysbers	Gluteus Max Out, Body Works, Pilaties, Women's Health Programs
Katherine Palms	Yoga, Barre
Angela Hayes	Barre, Tabata, Body Works, Basic Training, Body Boot Camp, Core More , Gluteus Max Out
Joelle Beaudion	Cardio Core-Fit, Functional stability, Cardi Blast, Balance & Stability, Athletic Performance
Brooks Millar	Team Sports Training Player Development

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[www.centericefitness.com](http://www.centericefitness.com)