

# Auburn Bay

## Summer 2010 Program Instructors

### RITA AIELLO



This former "Pegger" has been registered with the AFLCA (Alberta) and MFC (Winnipeg) since 2000. Teaching any type of land fitness (kickboxing, hi/low, step, muscle, boot camp, Bosu balance, stretch, fusion, circuit) you can think of, this engineer likes to work hard and have fun with her participants.

### LORI BOUTILIER



Lori began as a fitness instructor when she moved from Nova Scotia to Calgary in 1998. Lori has a degree in Physical Education and has continuously supplemented it with AFLCA (Provincial Certification) and YMCA courses through Eau Claire and South YMCA's. Lori has been a volunteer

fitness instructor at the South YMCA for 10 years. She began teaching at the New Brighton Club in the spring of 2006 and then for Auburn House in the spring of 2007. During the day Lori is a teacher at a K-6 school for the Calgary Catholic School Board.

### CALGARY CANOE CLUB



The Calgary Canoe Club provides training and promotes excellence in all kayak and canoe disciplines (such as sprint racing, outrigger

and marathon) and provides the opportunity to all members of the community to experience lifelong learning skills through paddling.

The Calgary Canoe Club was established in 1959 and from the beginning the club has strived to promote safe and enjoyable experiences through recreational and educational programs.

### HELEN CHEUNG



Helen has a Bachelor of Science degree in Biochemistry from McGill University. She has 14 years of experience in fitness instruction and she is certified in the following disciplines:

- Resistance and weight training, group exercise, older adults and aqua fitness with AFLCA
- Pilates mat and standing Pilates with Physical Mind
- Yoga with Trinity Yoga

With her Pilates and Yoga background, Helen likes to focus on body alignment, the use of CORE to stabilize the body and the correct activation of muscles to produce power movements. Helen's fitness training enables her to develop appropriate exercises for her client's needs in training and strengthening of the body.

### DANCE FOUNDATION

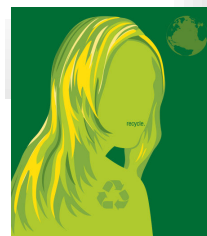
#### KRISTINA TURNER



Kristina's love for dance began at the age of 3 when she would imitate her older sister during her dance classes. At the age of 7 she was accepted into the Young Canadians School of Performing Arts in Calgary. Through this program she received further training in jazz, lyrical, ballet, hip hop, tap, vocal, musical theatre and gymnastics. This

program gave her the opportunity to train under choreographers from all over North America. She spent 10 years training and performing with the Young Canadians before moving onto bigger things. During that time she also trained with programs such as Musical Theatre for Kids as well as Youth Dance Ltd. She also spent a summer training at the world renown Edge Studio in LA. After her years with the Young Canadians, Kristina received the lead vocal role in a children's show that toured across Canada. For the past 5 years, Kristina has been teaching dance with Dance Foundation. Two years ago she took over the studio as Director of Dance Foundation and expanded the program. Kristina is currently in her 3rd year at St. Mary's University College and is planning on continuing into the education program at the University of Calgary.

### MELISSA NORTAN



Melissa is a certified Ashtanga Yoga teacher. She has been practicing for 8 years and took her 250 hour Yoga Teacher Training at yogadotcalm. She is working towards her RYT (Registered Yoga Therapist) and also has practical knowledge in Critical Alignment Therapy.



### SOCCER SHOTS

#### DAVID FADAYOMI



David grew up in London, UK playing organized soccer throughout his school years. He continued playing at Middlesex University's British Universities' Sports Association (BUSA) league, a nationally ranked league in the United Kingdom. David also currently plays with the Calgary Villains Soccer Club, one of the top soccer teams in Alberta. David coaches with the house league level (U4-U7) with the Calgary Villains Soccer Club and volunteers with the Big Brothers and Big Sisters of Calgary.