

Total Control™ Certified Instructor List							
Last Name	First Name	Title	Location	City	State	Business Phone	Email
Wood	Mary	Physical Therapist		Edmonton	AB, Can	(780) 443-4473	mmacwood@telusplanet.com
Clark	Charlotte	Registered Nurse	Alaska Urology Associates	Anchorage	AK	907-245-1796	charmclark@gmail.com
Buttke	Nancy	Registered Nurse	Health2O Medical Center	Sierra Vista	AZ	(520) 378-3393	soswellnessaqua@iglide.net
Machelle	McCarthy	Personal	Independent	Carlsbad	CA	760-271-6080	machelle25@adelphia.net
Donohue-Long	Cathy	Personal Trainer	Southwest YMCA	Littleton	CO	720-733-2778	
Guth	Debbie	Fitness Instructor	Independent	Castle Rock	CO	303-869-3503	dguth@denverymca.org
Hansen	Stacy	Fitness Director	Schlessman	Denver	CO	720-524-2759	shansen@denverymca.org
Hughes	Kristalyn	Fitness Instructor	Southwest YMCA	Denver	CO		swfitness@denverymca.org
Nelson	Chris	Senior Physical Coordi	Schlessman YMCA	Denver	CO	(720) 524-2776	cnelson@denverymca.org
Wendell	Telia	Associate Executive Di	Downtown YMCA	Denver	CO	303-761-7530	twendell@denverymca.org
Bachman	BJ	Fitness Coordinator	Schlessman YMCA	Denver	CO	720-524-2776	bj_bachman@yahoo.com
Layman	Phyllis (PJ)	Fitness Instructor	Independent	Aurora	CO	303-250-6432	
Clark	Holly	Fitness Instructor	Independent	Thornton	CO	303.404.9654	holly_jm@hotmail.com
Baer	Diane	Fitness Instructor	Independent	Englewood	CO		dajana@mailsnare.net
Greuel	Gwen	Fitness Instructor	Independent	Littleton	CO	720-283-3724	
Wendt	Debbie	Physical Therapist	YMCA	Littleton	CO	303-514-3256	lwendt1751@aol.com
Scheussler	Timi	Fitness Instructor	Littleton	Lakewood	CO		timischuessler@comcast.net
Vertich	Vicki	Childbirth Educator	Peace River Medical Center	Port Charlotte	FL	(941) 766-4660	Vicki.Vertich@prmmc.hma-corp.com
Prouty	Joy	Reebok Master Trainer	Independent	Palm Beach	FL		prouty_j@bellsouth.net
Kelsick	Stephanie	Master Trainer/Physical	Independent	Des Moines	IA		steph@kelsick.net
David	Jennifer (Jen)	Master Trainer	Elmhurst YMCA and Peak Performance	Elmhurst/Le Grange	IL	630.530.1625	happydavid@sbcglobal.net
Huaman	Vanessa	Fitness Instructor	Loyola Fitness Center	Maywood	IL	708-327-2348	vhuaman@lumc.edu
Swain	Michelle	Personal Trainer	Energy Training Center	Chicago	IL		organapt@hotmail.com
Thompson	Charmaine	Group Fitness Instructo	Independent	Lisle	IL		thompsons6@comcast.net
McPherran	Dana	Group Fitness Instructo	DePaul Fitness Center	Chicago	IL	773-325-4564	dmcpherr@depaul.edu
Sachsel	Melanie	Fitness Instructor	Leaning Tower	Niles	IL	847-679-4657	mtsachsel@aol.com
Ganzel	Mary	Fitness Instructor	Independent	Chicago	IL	312-932-1289	mary_ganzel@ymcachgo.org
Nadas	Erika	Fitness Instructor	Independent	Chicago	IL	773-736-8427	erika@nadas.org
Shackel-Harris	Kim	Personal Trainer	East Bank Club	Chicago	IL	312-527-5801 x 364	kim81sky@aol.com
Rucker	Tina Mari	Fitness Instructor	Chicago	Chicago	IL	773-275-7460	
Weil	Carla	Personal Trainer, Resis	Leaning Tower YMCA; Lifetime Fitness	Niles	IL		weil4@comcast.net
Davis	Dee	Yoga Instructor	Independent	Chicago	IL		deenote10@yahoo.com
Marzal	Elaine	Fitness Instructor	Independent	River Forest	IL		emarz@sbcglobal.net
Kantor	Rhonda	Yoga Instructor	Teacher Trainings	Chicago	IL	773-719-6227	globalyoga@sbcglobal.net
Gleeson	Sue	Fitness Instructor	Leaning Tower YMCA	Niles	IL		Suegleeson@aol.com
Peterson	Renee	Fitness Instructor	Chicago	Chicago	IL		peterson.renee@gmail.com
Delaney	Mary	Pilates and Yoga Instru	Independent	Chicago	IL	312-915-0130	
Targos	Cheryl	Fitness Director	Leaning Tower YMCA	Niles	IL		cheryltargos@ymcachgo.org
Samuels	Donnette	Senior Fitness Instructo	Loyola Fitness Center	Maywood	IL	(708) 327-2348	cheechsam@comcast.net
Gilbert- Clark	Andrea	Fitness Instructor	Depaul Fitness Center	Chicago	IL		andigilbert_clark@hotmail.com
Jafferli	Jasmine	MPH, Fitness and Well	East Bank Club	Chicago	IL	312-527-5800	jasminejafferli@hotmail.com
Janczak	Jennifer	Personal Trainer	Loyola Fitness Center	Chicago	IL		jjancza@lumc.edu
Figlewicz	Amy	Fitness Instructor	Independent	Chicago	IL	708-903-4105	aaf1117@aol.com
Drill	Mary	Master Trainer	Body Mechanics	Chicago	IL	(773) 935-1319	mdrill@att.net
Hope	Jill	Fitness Instructor	Northwestern Memorial Hospital	Chicago	IL		jill.hope@infores.com
Reft	Jennifer	Physical Therapist	Independent	Chicago	IL	773-588-6972	jref123@yahoo.com
Ihm	Jennifer	Master Trainer	Energy Training Center	Chicago	IL	773-305-8205	jeni_ihm@hotmail.com
Stein	Jill	Fitness Instructor	Independent	Chicago	IL	(877) 280-0504	jstein@nmh.org
Gonzales	Josephine	Pelvic Floor Physical T	Evanston Northwestern Healthcare	Gurnee	IL		jgonzales@enh.org

Terpstra	Amy	Physical Therapist	Evanston Northwestern Healthcare	Evanston	IL		aterpstra@enh.org		
Albrecht	Anna	MPH, Muscle Activation Science Fitness		Warrenville	IL	708-822-6122	aalbrecht117@comcast.net		
Barkauskas	Mona	Physical Therapist	Good Samaritan Health and Fitness C	Downers Grove	IL	(630) 275-2282	ramuneempt@yahoo.com		
Barnett	Cheryl	Physical Therapist Ass	Independent	Glen Ellyn	IL		yogamma60@yahoo.com		
Conone	Marianne	Physical Therapist, Ass	Good Samaritan Health and Wellness	Downers Grove	IL		marianneconone@sbcglobal.net		
Cozzi	Colleen	Pilates Instructor	Independent	Willowbrook	IL		c.cozzi@comcast.net		
Crump	Michele	Personal Trainer	Independent	Chicago	IL		michelecrump@hotmail.com		
Dickinson	Cassandra	Fitness Trainer	The Coaching Center	Chicago	IL	773-505-3945	cassandra@coachcassandra.com		
Kerrigan	Mercedes	Personal Trainer	Independent	Chicago	IL		merge333@comcast.net		
Laubacher	Martha	Certified Stott Pilates In	Kinematics Corp	Western Springs	IL		mark@laubacherco.com		
Oddo	Peggy	Group Fitness Instructo	The Glen	Glenview	IL		peggyoddo@comcast.net		
Roderick	Regina	Fitness Instructor	Independent	Chicago	IL		williams_rm@hotmail.com		
Szumal	Janet	Yoga Instructor	Independent	Long Grove	IL		jszumal@comcast.net		
McAllister	Teri	Personal Trainer	Independent		IL		spingirl1@comcast.net		
Wolf	Sam	Massage Therapist/Gro	Samantha's Place	Highland Park	IL	(847) 433-4390	samanthasplace@sbcglobal.net		
Cruden	Katherine	Fitness Instructor	Independent	Chicago	IL		kcruden@yahoo.com		
Lewan	Catherine	Pilates Instructor	Independent	Forest Park	IL		catlewan@gmail.com		
Erwin	Ginny	Registered Dietician, F	Women's Athletic Association	Chicago	IL	773-852-5486	ginetics@sbcglobal.net		
Weiss	Ann	Massage Therapist and	Independent	Roselle	IL	630-582-4296	a.s.k.enter@sbcglobal.net		
Hahn	Kelly	Group Fitness Instructo	Five Seasons	Burr Ridge	IL	312-593-7355	kellyhahn@sbcglobal.net		
Maloney	Mary	Group Fitness Instructo	Northwestern Memorial Hospital	Chicago	IL		maloney_bm@msn.com		
Weiss	Laurel	Personal Trainer	Halsted Street Fitness Formula Club	Chicago	IL	773.755.3232	lweiss@fitnessformula.com		
Sia	Jasmine	Pelvic Floor Physical T	Accelerated Rehabilitation Center	Mt. Prospect	IL	630-271-1089	jasminesia@hotmail.com		
Klearman	Rebecca	Physical Therapist	Independent	Chicago	IL	312-432-2590	rklearman@rushortho.com		
Payovich	Lisa	Fitness Instructor	Independent	Chicago	IL	312-226-8348			
Gilling	DeeAnne	Fitness Instructor	Waukesha Memorial Hospital	Waukesha	IL		deeanne.gilling@phci.org		
Malin	Cindarae	Fitness Instructor	Foglia YMCA	Lake Zurich	IL		cindarae@comcast.net		
Gruber	Lawrence	Personal Trainer	Energy Training Center	Chicago	IL	312-952-1515	larrygruber@msn.com		
Strom	Kristin	Group Exercise Manag	Halsted Street Fitness Formula Club	Chicago	IL	773.755.3232	kstrom@fitnessformula.com		
Siegel	Evelyn	Massage Therapist	Independent	Morton Grove	IL	847-581-9891			
Crisman	Laura	Group Exercise	Good Samaritan Health and	Downers Grove	IL	(630) 275-2282 ext 2.	Laura.Crisman@advocatehealth.com		
Young	Lori	Group Fitness	Independent	Arlington Heights	IL	(847) 577-0565	younglp4@sbcglobal.net		
Perez	Celia K (CK)	Group Fitness	Chicago Metro YMCA	Chicago	IL	773-262-5279			
Miretti	Armeline	Group Fitness	Elmhurst YMCA	Elmhurst	IL	630.279.1417	Armaritz@flash.net		
Kopp	Julie	Group Fitness	Elmhurst YMCA	Elmhurst	IL	630.832.6946	juliek11@sbcglobal.net		
Cornell	Christine	Personal	Independent	Lombard	IL	(630)-627-1216	christin.cornell@comcast.net		
Cavalier	Ylona	Fitness Instructor	Good Samaritan Health and	Woodridge	IL	630.969.5513	ycavalier@comcast.net		
Kirk	Brandi	Physical Therapist	Kirk Center for Healthy Living and	Homer Glen	IL	708.301.3102	brandi@kc4hl.com		
Keenley	Karen	Fitness Director	Elmhurst YMCA	Elmhurst	IL	(630) 929-2465	Karen_Keenley@YMCACHGO.org		
Baron	Rachael	Fitness Instructor	Elmhurst YMCA	Elmhurst	IL	630) 834-9200	Rachael_Baron@YMCACHGO.org		
Fiske	Rachel	Yoga Instructor	Independent	Chicago	IL	312.305.4260	rfiske@aol.com		
Dzaigwa	Karen	Group Fitness	La Grange YMCA	La Grange	IL	708-352-7600	Karen_dziagwa@ymcachgo.org		
Horvath	Jennifer	Fitness	Independent	Glen Ellyn	IL	630-858-7821	jenniferhorvath@yahoo.com		
Noel	Letitia	Fitness	Independent	Chicago	IL	312- 719-4702	tishnoel@aol.com		
Kresge	Kristina	Personal Trainer	Halsted St. Fitness Formula	Chicago	IL		kkresge@fitnessformula.com		
Gardiner	Josie	Reebok Master Trainer	Boston YMCA	Boston	MA		jjgardiner@rcn.com		
Healy	Kimberly	Fitness Instructor	Independent	Boston	MA	617-783-1288	kimberlybhealy@hotmail.com		
Russell	Rosanne	Fitness Instructor, Nia	North Suburban YMCA	Woburn	MA		rosanne@niaboston.com		
Blomerth	Linda	Senior Fitness Instructo	Boston YMCA	Reading	MA		lindablomerth@excite.com		
Domenici	Barbara	Fitness Trainer	Boston YMCA	Reading	MA	781-944-1479	bdomenici@ymcaboston.org		
Dayani	Nahid	Fitness Instructor	Boston YMCA	Brookline	MA	617-566-7043	nahid7346@yahoo.com		
Ganz	Diana	Fitness Director	Burbank YMCA	Reading	MA		d ganz@ymcaboston.org		

