

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 Coordin	Schlessman YMCA	Denver	CO	(720) 524-2776	cnelson@denverymca.org
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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@prmc.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	vhuanan@lumc.edu
Swain	Michelle	Personal Trainer	Energy Training Center	Chicago	IL		organapt@hotmail.com
Thompson	Charmaine	Group Fitness Instructor	Independent	Lisle	IL		thompsons6@comcast.net
McPherren	Dana	Group Fitness Instructor	DePaul Fitness Center	Chicago	IL	773-325-4564	dmcpherr@depaul.edu
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Nadas	Erika	Fitness Instructor	Independent	Chicago	IL	773-736-8427	erika@nadas.org
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Weil	Carla	Personal Trainer, Resist-A-Ball Leaning Tower Advanced Tower YMCA; C.O.R.E. Lifetime instructor	Fitness Niles kokiein		IL		weil4@comcast.net
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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

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Ihm	Jennifer	Master Trainer	Energy Training Center	Chicago	IL	773-305-8205	jeni_ilm@hotmail.com
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Sia	Jasmine	Pelvic Floor Physical Th Accelerated Rehabilitation Center		Mt. Prospect	IL	630-271-1089	jasminesia@hotmail.com
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Strom	Kristin	Group Exercise Manage Halsted Street Fitness Formula Club		Chicago	IL	773.755.3232	kstrom@fitnessformula.com
Siegel	Evelyn	Massage Therapist	Independent	Morton Grove	IL	847-581-9891	
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Brennan	Maureen	PT					
Sprengel	Jaime	PT					
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Million	Connie	Nutritionist					
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