

Fitness Instructors



WENDY ANDERSON has been teaching traditional Hatha yoga since 1974. Her extensive training includes a multi-year residential program and certification through the Himalayan International Institute.



CHRISTINE BUE has been teaching in Edina Community Education for 20 years. She loves selecting fun music, working out, making new friends, and fostering community!



MELISA CHOUDHRY has a background in dance and loves to stay fit. She is a NETA-certified Group Fitness Instructor, with additional certifications in Insanity, Piyo, TurboKick, and P90x. She strives to help people improve their fitness and strength.



VANESSA DEMBO has performed internationally, has studied ballet, jazz, tap and musical theater in Venezuela and New York. She has been a licensed Zumba instructor since 2008, and holds Life Barre, Bender Barre, and Pound Fit certifications.



CATHERINE EARLEY has over 20 years of fitness instruction experience, 15 in Edina. She is a personal trainer and group instructor with certifications from ACE and NETA. Her favorite workouts are strength and cardio interval training.



KEVIN HECK has 10 years of personal fitness training experience. He is NETA-certified in Group Exercise, Personal Training, Functional Biomechanics, TRX, Strength Training Anatomy, Exercise for Knee and Hip Replacement, and RKC (Russian Kettlebell Challenge) training.



SUMMER JOY HILLS-BONCZYK MFA, RYT-200, is a visual/performance artist, dancer, yogi and certified Kripalu yoga teacher. She leads international retreats integrating art and yoga, and is a Spanish medical interpreter.



RACHEL KAMIN has completed training with Devanadi Yoga, Dr. Indu Arora, Michelle Pietrzak-Wegner, the Himalayan Institute, and is also a Thai Yoga Bodywork practitioner. Rachel's clear cueing and skill at offering pose variations makes her classes accessible for all levels of students.



LAURIE LOPESIO is certified by Gary Kraftsow through the American Vinyoga Institute as both a yoga teacher and a yoga therapist, and continues to study with Gary. She teaches yoga both individually and in group settings.



KATHERINE MCGRAW has taught a wide variety of group fitness classes since her first certification in 1988. She's currently certified in ACE and BOSU and licensed in Zumba, Zumba Core, and Zumba Toning.



MONICA MOHN has been dancing her whole life. A former competitive dancer with three USA National Ballroom Dance Titles, she now shares her passion for dance through community education.



EMALEE MOREM is an award-winning belly dancer who has been performing and teaching since 2005. She and her partner Marya perform throughout the Midwest as the Shimmy Twins



JOAN MIELKE NIMERFROH is an ACE Gold certified fitness instructor and trainer with over 28 years of experience and complete certification thru STOTT Pilates, trained by Moria Stott Merrithew. She is a Registered Nurse.



JESSICA SCHMIDT has a background in dance, and has taken many dance fitness classes through the years. She is certified as a XaBeat Inspirator/Instructor, and she strives to inspire others to find their inner beauty and strength, as she did through the program.



SHARON SEBRING has been on a spiritual quest for many years. Today, yoga is a perfect expression of that quest. Sharon is a certified Kripalu yoga teacher. She also teaches meditation, chair yoga and workshops on neuroscience and brain technology.



LISA SPYCHALA has been teaching group fitness classes for over 22 years, has a degree in Exercise Science, and is a certified personal trainer, group fitness instructor, and corrective exercise specialist. Her passion is in cardio kickboxing, contact boxing, and strength training.



LYNN WALLIN began teaching in 1984 and came to Edina Community Ed in 1993. She is certified as a Group Fitness Instructor and Older Adult Fitness Instructor, and accommodates men and women of all fitness levels in all her classes.



YANG YE has 15 years of Tai Chi experience, studying under grandmasters from China. He combines the traditional teaching with modern scientific methods to offer students the maximum health benefits of Tai Chi.



CHRISTY ZILKA is a certified personal trainer specializing in the 55+ exerciser who wants to improve their agility, balance and core strength. Christy held her first exercise class over 40 years ago and is still committed to fitness, nutrition and wellness. Currently, her oldest student is 104 years old and going strong.



KAY ZUCCARO is certified as a Red Cross Water Safety Instructor, Lifeguard Instructor, Arthritis Foundation Aquatics Instructor, and Water Fitness Instructor. She serves as Edina Community Education's Aquatics Supervisor.

