

INSTRUCTOR SPOTLIGHT:

DARCY

Hello! My name is Darcy Zeman and I am a Certified Group Fitness Instructor, Certified Nutrition Coach, and a Certified Senior Fitness Specialist.

I grew up in Williston, ND, and that is where I got married and started my family. I began teaching fitness classes when my three boys were little. I teach senior fitness, water aerobics, cycle, Pilates, and strength training. I love everything about group fitness classes. The social interaction and motivation from others make the workouts fun.



JOIN DARCY'S CLASSES:



Water Aerobics



Chair Fitness



Strength Tabata

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INSTRUCTOR SPOTLIGHT:

KELSEY

Hi, I'm Kelsey! I teach Spin and Body Blast, which is mainly a circuit class focused on weight training. I also teach Express Vin to Yin yoga. HIIT is my favorite kind of workout.

I prefer to start my day with a workout, and on an ideal day that would be around 9 a.m. I have recently started running again. I was taking quite a bit of time off for rest and recovery, but now it is time to get back to it! I have participated in challenges and races around the world.



JOIN KELSEY'S CLASSES:



Spin



Express Vin to Yin



Body Blast
Strength

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INSTRUCTOR SPOTLIGHT:

JOY

Hi, I'm Joy! I'm certified in E-RYT 200, RYT 500, Group Fitness, Indoor Cycling, Pilates Mat, & SilverSneakers. I teach Yoga (Power, Vinyasa, Gentle, Chair, Yin), Yoga Sculpt, & Indoor Cycling.

I love to hold space for, and encourage, those seeking the physical, mental, emotional and energetic benefits gained through a physical practice/workout. Leading fitness classes is a privilege and a rewarding hobby. I'm grateful and happy for all who attend classes and choose to make their health and wellbeing a priority. The positive energy in the room during class is so awesomely invigorating!

My favorite time to workout is usually afternoons, but my schedule has required me to shift my workouts to mornings before I get ready for work. I squeeze in extra workouts every chance I get!

I've been married to my best friend, Curt, for 21 years. Together we have 3 children. In my free time, I enjoy gardening, painting, photography, hiking, kayaking, Jeeping, & trail running.



JOIN JOY'S CLASSES:



Yoga: Flow
Chair & Yin



Yoga Sculpt &
Strength X



Indoor Cycling

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INSTRUCTOR SPOTLIGHT:

ANNE

I'm an RN, yoga instructor, mom, wife and grandma. I love helping others find the best version of themselves.

I love playing with my 3 dogs and kitty, knitting scarves, cooking, gardening, and camping.

I work full-time for Optum and I am enrolled at Capella University, working towards a nurse practitioner degree. I am blessed to be able to constantly evolve.



JOIN ANNE'S CLASSES:



Bhakti Yoga

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INSTRUCTOR SPOTLIGHT:

DONNA

Four-time winner of Monticello Times Reader's Choice award for Best Personal Trainer.

Specialties include: weight loss, post physical therapy, strength training, pool exercise for all ages and abilities; Silver Sneaker exercise, online / video wellness coaching; Ballroom Dance, Yoga, Ener-Chi, Barre, HIIT, Spin, Step & Zumba certified instructor.



JOIN DONNA'S CLASSES:



Water Aerobics & Aqua Therapy



Senior Fitness & Circuit Strength



Chair Yoga



Equipment Orientation

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INSTRUCTOR SPOTLIGHT:

WES

Wes struggled with weight most of his life. About 8 years ago he got tired of it and decided to change. He learned a lot about exercise and nutrition, and shed about 45% of his weight. Wes wanted to be able to help people do the same, so he decided to get his personal trainer certification.

Fitness, Nutrition, and overall well-being is something Wes is very passionate about and looks forward to working with you to achieve your goals.



JOIN WES'S CLASSES:



Total Body
Strength and
Conditioning



Personal Trainer

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INSTRUCTOR SPOTLIGHT:

JANEL

Hi, I'm Janel! I'm an AFAA-certified Group Fitness Instructor. I've been taking classes at the MCC for several years and love the supportive community so much that I decided to become an instructor!

My goal in every class is to support and uplift each person, no matter where they are on their fitness journey. I truly believe that working out together makes us stronger, and I can't wait to help you feel your best!



JOIN JANEL'S CLASSES:



Beginner Total Body Exercise

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INSTRUCTOR SPOTLIGHT:

NATE

Certified through NASM (National Academy of Sports Medicine) and NSCA (National Strength and Conditioning Association) as a Personal Trainer and Strength and Conditioning Athletic Coach.

Nate's proficiencies include Judo, Brazilian Jiu-Jitsu and Power Lifting.

Nate is also a licensed acupuncture practitioner.



JOIN NATE'S CLASSES:



Qigong
("Chi-gong")



Acupuncture



Personal Trainer

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