Updated:
June 1, 2014

Let's Get Moving!

At-Work Fitness Classes for State Employees

Instructor Directory, By Region

Greater Richmond Region

Ashland, Glen Allen, Mechanicsville, Willow Lawn Areas

Diana Gonzalez
804-798-4568 gonzalez.h@comcast.net *Zumba, Kickboxing*

Darlene Lindsay
804-909-0950 darlene.lindsey@dbhds.virginia.gov *Core Power, Strengthening*

Chesterfield Area

Manju Joshi
804-370-7456 manjudee@hotmail.com *Yoga Classes*

Seo Kelleher
804-349-6672 seo@co2fit.com *Strength and Basic Group Exercise*

Michelle Landon
571-283-9590 michelle@onedropyoga.com *Yoga Classes*

Vance Pittman
804-651-7695 vpittman12@yahoo.com *Strength Training, Basic/Advance Group Exercise*

Shannon Roberts
804-909-2380 fiscalandfit@gmail.com *Strength Training, Basic Group Exercise*

Shawnrell Blackwell
804-596-5679 Shawnrell@aol.com *Yoga Classes, Basic Group Exercise, Strength Training*

Hanover Area

Jason Blake
804-201-7913 Pirate2k@aol.com/jasonblake@pulsefitnessrva.com *Strength Training, Basic Group Exercise*

Shannon Roberts
804-909-2380 fiscalandfit@gmail.com *Strength Training, Basic Group Exercise*

Kiersten Phillips, Alexis or Tommy DiFruscio, and Elena
804-262-7777 info@livesimplyfit.com *Zumba, Group Exercise, Yoga, Strength*

Richmond Central Area

Joni C. Baldwin
804-350-3934 joni.baldwin@dss.virginia.gov *Strength Training, Zumba Classes*
Now teaching at Main Street Centre

Shawnrell Blackwell
804-586-5679 drbzumba@gmail.com *Yoga*

Jason Blake
804-201-7913 Pirate2k@aol.com/jasonblake@pulsefitnessrva.com *Basic Group Exercise, Strength Training*

Cheryl Chandler
804-387-0852 CherylChandler@msn.com *Basic Group Exercise, Strength Train*ing

Becky Eschenroeder
804-615-5623 beckesch@gmail.com *Yoga Classes*

Kevin Hefferman
804-786-9112 kevin.hefferman@dcr.virginia.org
Yoga

Sarah Humphries (Contact Stacey.brown@dgif.virginia.gov to register)
804-840-4881 sarah.humphries@verizon.net *Yoga and Pilates Classes*

Manju Joshi
804-370-7456 manjudee@hotmail.com *Yoga Classes – Now teaching at James Monroe Building*

Brent Lacy
commonwealthtsd@gmail.com
Tang Soo Do martial arts and personal self defense classes

Michelle Landon
571-283-9590 michelle@onedropyoga.com *Yoga Classes*

Debra O'Neill
804-387-9105 debra.oneill@dss.virginia.gov *Yoga Classes*
Now teaching at Main Street Center

Vance Pittman
804-651-7695 vpittman12@yahoo.com
Strength Training, Basic/Advance Group Exercise (Get Fit!)
Now teaching at James Monroe Building – noon and after=work classes

Robbie Rhur
804-371-2594 robbie.rhur@dcr.virginia.gov
Yoga, Pilates Classes – Now teaching at Old City Hall

Jenna Rice
804-839-0217 rvayogacoach@gmail.com
Yoga Classes

Shannon Roberts
804-909-2380 fiscalandfit@gmail.com
Strength Training, Basic Group Exercise

Angel Rodriguez
804-786-1074 angel.rodriguez@dgs.virginia.gov
Salsa and other Latin Dances – Now Teaching at James Monroe Building

Emily Snapp
757-803-4715 affinity4health@yahoo.com
Basic Group Exercise, Strength Training

Shanna Brooks Stanley
804-814-4215 Shaybay023@aol.com
Basic Group Exercise

Carla Zarrella
Carla.zarrella@dbhds.virginia.gov
Cardio and Basic Group Exercise

Roanoke Valley Region

Blacksburg, Christiansburg, Montgomery County, Radford, Salem, and Roanoke Areas

Vickie Campbell
540-641-1107 tvcamp@msn.com *Water Aerobics (*requires a pool at your facility)*

Roanoke Area

Melissa Moses
540-493-7337 Melimose7@gmail.com *Strength Training, Cardio, Boot Camp Exercise Classes*

Salem Area

Sarah Babiarz
540-798-9499 Sarab.bcc.gmail.com *Strength Training, Cardio, Boot Camp Exercise Classes*

Northwestern Region

Rockbridge/Lexington

Courtney Hobson
540-817-9387 crtnylynn4@yahoo.com *Zumba Classes*

Staunton

Seth Flory
540-569-3320 seth.flory@vadoc.virginia.gov *Strength Training*

Winchester

Jennifer Smith
540-327-2330 jensfitness@comcast.net *Strength Training*

Central Region

Charlottesville/Albemarle/Fluvanna

Kristi Harvey
520-993-1565 bodymindjoy@gmail.com *Yoga Classes, Nia (dance) classes*

Lynchburg/Campbell County

Sheron Colston
434-329-1443 SCdancer57@gmail.com *Zumba Classes, Line Dancing*

South Central Region

Dinwiddie/Petersburg

Shawnrell Blackwell
804-586-5679 drbzumba@gmail.com
Zumba, Pilates, Yoga Classes, Basic Group Exercise, Strength

Beneatha Simmons
804-720-3683 Bbsimmons17@comcast.net *Strength Training, Zumba Classes*

Nottoway/Burkeville

Christy Aviles
434-292-1122 cjgcrciket@yahoo.com *Zumba Classes*

Southwest Virginia Region

Bristol/Abingdon

Adriel Slaughter
423-956-1905 adriel1219@gmail.com *Yoga and Pilates*

Northern Virginia Region

Haymarket/Manassas/Gainesville/Warrenton

Betsy Jones
703-743-9805
betsytrains@gmail.com
YogaFit, Strength, Cardio, Power walking, Basic Group Exercise

Reston

Jennifer Zoerkler
703-501-5220 calmingheartyoga@gmail.com
Yoga, Yoga for Weightloss

Tidewater Region

Suffolk/Portsmouth/Chesapeake/Isle of Wight/Norfolk

Janet Abel
757-846-6590 JanetAbel@charter.net *Yoga Classes*

Sarah Anderson
770-365-7600 Sba0627@gmail.com *Basic Group Exercise*

Dawn Cole (Norfolk)
757-823-8760 decole@nsu.edu Zumba

Elisa Gaillard
954-665-1422 elisa.gaillard100@gmail.com *Zumba Classes*

Leslie Spruill
757-477-9941 Zumbalas2011@hotmail.com *Zumba Classes*

Lin Whitley
757-576-0267 Lin.Whitley@yahoo.com *Zumba Classes*

Virginia Beach/Churchland/Norfolk

Sarah Anderson
770-365-7600 Sba0627@gmail.com *Basic Group Exercise*

Janet Abel
757-846-6590 JanetAbel@charter.net *Yoga Classes*

Emily Snapp
757-803-4715 affinity4health@yahoo.com *Basic Group Exercise, Strength Training*

Leslie Spruill
757-477-9941 Zumbalas2011@hotmail.com *Zumba Classes*

Williamsburg

Paula McNair Crew
757-879-7797 runpforest@yahoo.com *Zumba Classes – Currently teaching at Eastern State Hospital*

Lane Tolj
757-532-0884 lanetolj@gmail.com Fitness, Advanced Pilates, Basic Group

York County/Newport News/Hampton

Faith Roberts
757-286-4195 flairforfitness@cox.net *Strength Training*

Anne Russell
757-241-0050 annemartinrussell@gmail.com *Zumba Classes*

Know someone interested in teaching fitness classes to state employees? *Have them submit an instructor application at* http://www.dhrm.virginia.gov/ and click on the Fitness section on the right *and email it to wellness@dhrm.virginia.gov.*

Want to start at fitness class at your workplace? *Simple email the instructor to get started!*

Do you think exercise is boring? *Try a Zumba® Class – It's a lot like a party!*

All participants pay their instructor directly and must sign a release before participating.

Questions *– Email CommonHealth at Wellness@dhrm.virginia.gov*

CommonHealth