

# JW FITNESS TEAM



## BETH HORN

Graduate from Ball State University, IN with a B.S. in Exercise Physiology, Beth has over twenty years of experience and is a Certified Personal Trainer, Certified Yoga Instructor, National Fitness Champion and JOGA-yoga designed for athletes-Coach. Beth is not only an expert in health and fitness but also an author and actress. In addition to her book "The Natural Way - Holistic Guide to Total Mind-Body, Health & Fitness", she has numerous fitness articles published in Muscle & Fitness, Muscle & Fitness Hers, FLEX, Men's Fitness and Oxygen Magazine. Beth played "Venom" on NBC's hit show, AMERICAN GLADIATORS, now in syndication worldwide. Beth's modeling and acting career along with her passion for health and wellness inspire people to be healthy inside and out.



## ROBYN RABICKE

Robyn earned a Bachelors of Science in Communications from Grand Valley State University. Robyn has over 20 years of experience in group fitness, mindfulness, breath work, personal training and coaching. Her passion has guided many in their discovery of movement and overall health for mental and physical longevity. Not only is Robyn an ACE Certified Personal Trainer, Certified Yoga Instructor, Certified Yoga for First Responders, Precision Nutrition and NASM Corrective Exercise specialist, she is also a Wellness Coordinator for NAMI Chicago. Robyn's commitment drives the importance of living a healthy and happy life-long journey one person or community at a time.



## KENT ROOME

Graduate from Indiana University with a BS in Kinesiology, and over 12 years experience training in the Chicago-land, Kent is certified in NCSF, ACE Personal Training, USAW Weightlifting & Strength Training, Kettle bell - Level 1 and Precision Nutritional Coaching- Level 2. His fascination with the interplay of mind, body, and spirit stems from his battle with cancer in early childhood. His miraculous cure left him with a deep appreciation for the gift of each new day. Coaching a wide range of individuals from the elite athlete to post-physical therapy rehabilitation, high-performance executives to weekend warriors. He believes his role is to educate his clients, enable them to be proactive in wellness and take control of their own well-being.



## ANDREA CATARIVAS

Originally from Uruguay, Andrea made her way to the USA with a Fulbright Scholarship to attend graduate school. Growing up as a competitive gymnast, Andrea's understanding of body mechanics started at a very young age. Her passion for Yoga grew as she underwent a deep trans-formative experience both physically and mentally while practicing the art of Yoga. This was the catalyst for Andrea and she obtained her Yoga Certification in 2010 and has been instructing classes throughout Chicago since.



## ASHLEY KUCERA

Certified as a Yoga Instructor through CorePower Yoga, Ashley has led many 200 hour teacher trainings in Chicago. Her certification specialized in weighted yoga, meditation, vinyasa and restorative yoga formats. Ashley has instructed yoga throughout many studios in Chicago and is considered an expert in her craft. Her passion for wellness is evident as she has built a loyal following in Chicago.



## ROB STRUBE

With over ten years of experience as a Certified Personal Trainer / Lifting Coach, Rob quickly found his passion through CrossFit and lifting. In 2014, Rob became a licensed massage therapist after attending the Cortiva Institute. This leveraged his ability to assist clients with reaching their fitness goals and elevate their overall health and wellness. Make no mistake, Rob is dedicated and drives results. His past career as a US Marine has contributed to his success and through discipline and dedication his drive for optimal performance is infectious.



# JW GROUP FITNESS CLASSES

## FLEX FIT - TOTAL BODY

Focus on full body metabolic strength training consisting of several short circuits. You'll sweat your way through bodyweight strength and gymnastics movements while learning how to move more efficiently. If adding strength, stamina, and/or endurance is part on your list, this one's for you!

## FLEX FIT - ARMS & ABS

Focus on upper body and core. With these short muscle blasting sessions, we'll develop lean muscle tone, and aesthetics. Expect body building based training layering strength, and accessory work in an interval setting. If your goal is muscle definition, that's the only game we play!

## POWER HOUR

One of the most efficient and effective hour-long workouts around! This class involves total body functional movements with moderate/high intensity cardiovascular training designed to improve mobility, strength, power, and endurance.

## ATHLETIC YOGA (JOGA)

Combined with relaxation and breathing, you will focus on spinal alignment and mobility to renew the body's center of balance. Lastly, you will use unique breathing techniques to balance the left and right brain function. This brain balance regulates mental focus and sleep patterns, creating harmony between all systems of the body.

## POWER YOGA

Balanced class to prepare your body and mind to move through a fast-paced sequence focused on building strength, flexibility and breath work through movement and postures.

## RESTORATIVE YOGA

Restorative yoga is a restful practice that holds yoga poses for a longer duration using props like yoga blocks, and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga. The only work that's required on your part is to pay attention to your breath and become aware of any sensations or thoughts that may arise.

## VINYASA FLOW

Vinyasa means breath connected movement. This is a more dynamic form of yoga practice, also known as "Flow" that connects individual poses or "asanas" with deep breaths or "pranayama" in a series of flowing sequences of movement. The breath is given primacy, acting as an anchor as you move from one pose to the next. Vinyasa classes are designed to progressively open the body, and each sequence builds upon the previous, evolving into deeper, more advanced postures as the practice unfolds.

## VINYASA SLOW-FLOW

Practice being more mindful in a slow vinyasa yoga class. Move intentionally and breathe deeply in and out of simple postures. Take your time, do every pose right and reconnect with yourself.

\*All fitness levels welcome as classes can be tailored to all populations.\*

For additional information, please visit [spajwchicago.com](http://spajwchicago.com) or call 312.660.8250.

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