University of St. Thomas
Fitness Class Instructor Biographies

Robin Mack

Practicing since 2004, Robin Mack is a certified RYT 200 yoga instructor and massage therapist who has studied under Raye Lynn Rath at The Yoga Institute in Houston. Robin completed her training at Sacred Art Yoga with Becky Jordan and Raye Lynn Rath, two powerhouse instructors who hold multiple certifications and are ERYT 500 educators with years of experience. Robin also enjoys the challenge and community engagement of AcroYoga classes and has conducted partner balance workshops. Robin is someone who loves to teach from the fundamentals up! No matter what walk you are on, you will find a renewed sense of relaxation, connection, and joy as you practice in community.

Sarah Yarbrough

Sarah, a native Houstonian, received her Pilates Lifestyle certification in 2010 after graduating from Texas Christian University with a BFA in Ballet and a minor in Arts Administration. This is her fourth season with Ad Deum Dance Company, a full-time modern dance company that rehearses in the West University area and performs both locally and internationally. In addition to dancing, Sarah teaches at the Houston Ballet Academy and various Pilates studios. Sarah loves the relationship between dance and Pilates and is excited to offer a Pilates Barre class, which combines elements from both practices. The result is a challenging yet fun way to strengthen your body and your stamina. No matter your fitness background, come expecting to have a blast and work hard as you build muscle tone and strength!

Lily Swan

Since the age of five, Lily has trained in classical ballet, adding jazz and Hawaiian/Tahitian dance to her repertoire later on. While attending Eastern Michigan University, she continued her dance training in ballet and modern which has earned her a minor in Dance.

In an effort to become physically fit for her 30th birthday, she incorporated Zumba® into her workout routine. It was incredible that physical fitness and her love for dance could be incorporated into one workout. After a few classes, she was hooked and made the decision to become an instructor. In October 2011, she received her certification in Zumba® Basics 1 and continues to attend trainings and workshops throughout Houston. She loves bringing the party to class and hopes that you will join her!

Adrienne Shearer & Alan Lotrakul

Alan has been dancing lindy hop since 2001. Since then, he has fortified his dancing with instruction in Austin and Houston. In 2005, Alan discovered blues dancing and has continually sought to improve his social dancing. At Austin Blues Party, he placed 2nd in the Jack and Jill competition. Today, he can be found at dance exchanges around the country. Locally, he teaches beginner swing dance at the Hobby Center's Artista Big Band Nights. He can also be found sporadically at weekly dance events at Rice Village's Chocolate Bar and The Big Easy as well as Houston Swing Dance Society's lindy dances at El Dorado Ballroom.

Adrienne started dancing when she was six years old. Always a fan of the Big Band era she was delighted to discover swing dance in Kansas City of 2003 where she was a part of the "Swingsters", a professional touring team. Since 2003 Adrienne has choreographed countless local dance productions and theatrical productions including Shakespeare's "Twelfth Night" and "A Night of Cultural Dance" on the UST campus. As an Alumni of UST, Adrienne hopes to continue to share her love of dance with the students on campus as well as the Houston community.

Elizabeth Wingfield

Elizabeth Wingfield was born in Magnolia, Texas. As a young girl, she enjoyed dancing and gymnastics. She moved to Houston in 1999 to attend the University of St. Thomas. She started dancing tango in 2008. She has been a devoted tango student and she has incorporated the tango into her daily life.

Elizabeth has studied a variety of tango styles but enjoys the salon tango the most. As a teacher, she tries to bring out the best in each of her students. She helps them to explore the diversity of tango and develop as individual dancers. She works particularly on body positioning and movement, something she learned from many years practicing yoga.

Elizabeth is also an active participant in the local tango community. As director of the University of Houston Argentine Tango Club, she has organized workshops, milongas, and works directly with other teachers to expand and enrich the community.

She has been invited to perform for several cultural events both in Houston and in Argentina. She also writes articles about tango and interviews visiting artists. Elizabeth believes that in order to be a good dancer, you have to understand the history and culture of the dance. Her dream is to spend more time in Argentina dancing tango and being immersed in the culture.

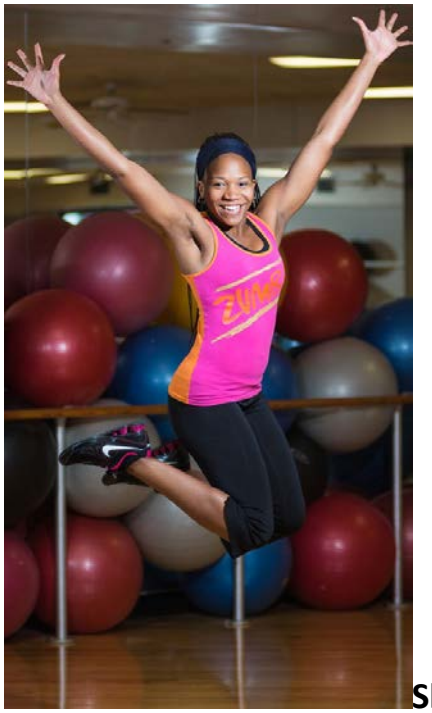
Donna Coghill

A yoga practitioner and perpetual traveler for over 13 years, Donna completed her teacher training with Yama Yoga in Doha, Qatar in 2010 and has been teaching in the Middle East and in Houston since then. Donna is originally from Australia but has lived in 5 countries since leaving her homeland in 1998. Having trained in Ashtanga, Hatha, Iyengar, Anusara and Vinyasa Donna brings many influences to her classes. Donna offers her students a safe, supportive and encouraging environment in which to explore yoga, together with the inspiration to take it 'off the mat' and into their daily lives. Donna's yoga practice has brought her an abundance of health and wellness together with happiness and

peace in her ever changing and challenging life. Donna finds great joy in sharing what she has discovered through yoga and she is thankful to all of the wonderful teachers who have helped her on this journey.

Sophia Campos

Sophia has been a fitness instructor for over twenty years. She initially received her training and certification from Bally's Fitness. Since then she has taught at various places including 24 Hour Fitness Center, Downtown YMCA, Chevron Oil & Gas, and the Coca Cola Corporation. Sophia has taught a variety of fitness classes at UST and is excited to add Power Pump to that list.



Shannon Steverson

Shannon has a Bachelor of Science in Exercise Science from Western Michigan University and a Master of Science in Exercise Science from Oakland University. She has been an AFAA Certified Personal Trainer and Aerobics instructor for over 6 years. She has managed two women's health clubs and completed three fitness internships in Vermont, New York and Michigan. Shannon was an Exercise Science Graduate Assistant and a Fitness and Wellness Graduate Assistant during her graduate studies. Shannon has been the Fitness Coordinator for UHD Sports & Fitness since May of 2013. Shannon teaches a variety of classes and you will always get a head to toe workout in her class. Shannon loves to teach classes that melt away the calories while listening to upbeat rhythms.

Leslie Cuenca

Leslie was born in Havana, Cuba in 1979. Her family moved shortly after to Caracas, Venezuela where she began to take her very first dance lessons at age 3. One of her very first memories was in fact in a dance studio. Once she made it to the United States her family encouraged her to pursue dance where she continued to excel throughout her childhood, especially in classical ballet. While living in Miami, Florida, Leslie trained throughout her childhood under the direction of Cuban dancer, choreographer and performer Olga Teresita Valdes at Ballet et Cie Dance Academy.

After moving to Sugar Land, Texas in 1992, Leslie continued to pursue classical ballet as well as modern dance as a young adult. From 1995-1998 she joined The Kathleen Parker Dance Company in Sugar Land and formed part of the Clements High School Dance Team.

After her acceptance into the University of Houston in 1998, Leslie formed part of the UH Dance Theatre specializing in classical ballet under the direction of Mr. Dwight Sheldon. After sustaining injuries to her hamstring and hip, Leslie took a temporary leave of absence from performing and competing in classical dance and decided to pursue her other passion; painting and art. She earned her Liberal Arts degree at the University of St. Thomas in Houston from 2000-2003 with a concentration in Art History and painting. In 2006 Leslie returned to dancing with a newfound passion for her native dance styles such as; Salsa, Son, Cha Cha Cha, Rumba, Merengue and Guaguanco. Along with Latin dancing she pursued Dance Orientale and Polynesian Dance where she also gained her certifications for teaching. She currently teaches Beginner and Intermediate Salsa, Dance Orientale and Polynesian throughout Sugar Land, Houston and Katy. Beginning December of 2010 Leslie has formed part of the Latin Dance Company Strictly Street Salsa as a performer, instructor and colleague under the direction of Raul Orlando Edwards.