

**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.



**Cindy Schmitt**

Cindy, a native Houstonian, has been practicing Pilates since 2002 at the recommendation of her orthopedist following a lumbar injury stemming from a car accident. What began as continued treatment post aqua-therapy eventually developed into a passion of hers. Cindy received her Pilates teacher training, consisting of Mat 1, Mat 2 and Anatomy in 3 Dimension, through Balanced Body in Georgetown, Texas. She is a member of the Pilates Method Alliance and is also CPR/AED certified. She is an avid runner and a Houston marathon finisher.

She also teaches at the University of Houston Recreation & Wellness Center. Cindy studies philosophy at U of H and is slated to graduate cum laude in the summer of 2015. Professionally, she is a certified court reporter with the State of Texas where she enjoys self-employment with a concentration in the discovery phase of litigation.

She is very excited to continue growing both personally and in her Pilates practice by joining the University of St. Thomas family.



**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!



**Traci Williams**

Traci began studying yoga in 2011. As her inspiration and practice grew she completed her 200 RYT at Sacred Art Yoga with Raye Lynn Rath and Becky Jordan. Along with becoming a yoga instructor she is also studying for her certification as a Health Educator from The Institute of Integrative Nutrition. Traci is also pursuing a second bachelor's degree in Nutrition at the University of Houston to become a Registered Dietitian. She is seeking to combine her love for yoga along with helping others find their perfect balance of mind, body and spirit.



**Dana Lyro**

Dana is new to the Houston area and is excited to start her Piloxing® journey with UST. She graduated with a Bachelor of Science in Health from Texas A&M University and is currently pursuing her MBA in Healthcare Administration while working for Memorial Hermann Mischer Neuroscience Institute. She was a Fighting Texas Aggie Competitive Cheerleader for 2 years and has completed 3 full marathons. She has been teaching Zumba® Fitness for the last year and was ready to tackle a new challenge- Piloxing®. What she loves about Piloxing is that you don't have to be a Pilates expert or a boxing genius. It involves simple and basic moves that are guaranteed to give you an excellent workout. She likes to keep things exciting, and bring new choreography to keep her participants engaged and inspired to move. Fitness shouldn't be work...it should be fun!



**Leslie Cuenca**

Leslie began her Yoga practice at various Houston studios and gyms in early 2000. She has worked as a dance and group fitness instructor since 2006 specializing in Belly Dance and Salsa. Her passion for Yoga began to blossom after experiencing Ashtanga in 2009 as part of her dance training. She fell in love with Yoga all over again and from 2010-2012 she continued to pursue her Yoga practice and studies.

Leslie received her Yoga teacher certification through the Jonny Kest LifePower Yoga Teacher Training program offered by the Life Time Academy in 2012. The program allowed her to receive comprehensive and practical instruction in asana, pranayama and meditation. She specializes in formats such as Ashtanga, Vinyasa, Restorative Yoga and meditation.

Along with her dance and Yoga certifications, Leslie holds a Liberal Arts degree from the University of St Thomas in Houston. Her concentrations include art history, philosophy, French and painting. She is also a dancer, choreographer, dance teacher and painter.