

# Group Exercise Instructors Certified Professional Staff



**Marcy Uyl**  
Group Exercise Instructor  
Certified Personal Trainer

Marcy Uyl, a certified personal trainer and U-Club Fitness Center group exercise instructor, uses her vast knowledge of group exercise and her experience with collegiate basketball training and teaching physical education to help members achieve optimal results.

Marcy earned her bachelor of arts degree from Cornerstone University in Grand Rapids, where she was a two-sport collegiate athlete and graduated as a career leading scorer in basketball, as well as first team All-American with senior athlete honors. She is also a certified spinning instructor and personal trainer. Marcy has taught health and physical education at high school and middle school levels for eight years, as well as given motivational speeches to groups regarding the relationship of athletics to success. Marcy remains active with her community high school as a coach, and brings enthusiasm and passion to her field.



**Amy Larsen**  
Group Exercise Instructor

Amy Larsen is an ACE certified fitness professional and Gentle Yoga instructor with the University Club's *Fitness Center & Spa*. She also teaches cardio challenge, and builds personal relationships with members by tailoring workouts to individual strengths and weaknesses. Her

cheerful smile, motivating words of encouragement, and energizing workouts keep participants singing her praises. Amy has been serving the fitness community for over 15 years. She holds professional certifications in YogaFit levels 1-3, ACE Group Fitness, CPR/AED, Turbo Kick, and is a Special Olympics soccer coach. Amy began instructing Gentle Yoga for the *Fitness Center & Spa* in 2007, and has taken the concepts of balance, strength, body awareness, posture, and body alignment for our Club Gold members to new heights. Amy holds a bachelor's degree in Music Education, and K-12 instrumental and vocal music.



**Shelley Cichy**  
Group Exercise Instructor  
Certified Personal Trainer

**Shelley Cichy** is a fitness yoga instructor whose classes could just as easily be called "athletic yoga." She is certified through Yogafit, but draws upon her many years of weight training, running, cycling, and swimming to produce classes

that offer variety, strength, flexibility, balance, focus, and relaxation. A University Club member with husband Ron for nearly 20 years, Shelley is proud that she has taught at the Fitness Center since its opening, and has watched members gain strength and confidence in all areas, including yoga. Shelley began practicing yoga to better cross train and avoid injuries from her other activities. "I added power yoga to my own fitness regimen and now I can't imagine how I managed without it," she says. "I have really enjoyed being part of its growth in popularity. Certainly everyone has different goals, but I think yoga is an effective addition to nearly anyone's exercise program."

The staff and members at the U-Club Fitness Center are additional reasons Shelley likes to teach here. "Everyone at the Fitness Center is wonderful," she says. "There's nothing like the rush you get from working hard and having fun with great people."



**Amy Szawara**  
Fitness Manager  
Certified Personal Trainer

Amy, an exercise physiologist and certified personal trainer, received her bachelor's degree in kinesiology from Michigan State University. A Division I athlete from Michigan State University, Amy was a four year letter winner for the MSU

softball team. She also served as an intern with MSU's Strength and Conditioning Program, where she worked with athletes from 18 Olympic Sports. Amy strives to be able to provide you with the knowledge and confidence that it takes to reach your goals. Her goal is to educate and excite you into living a healthier lifestyle.



**Shiloh Wint**  
Group Exercise Instructor

Formerly the fitness director of the Michigan Athletic Club, Shiloh Wint holds a bachelor's degree in kinesiology from Michigan State University with a specialization in health promotion and a cognate in sports psychology. She is a certified yoga instructor traditionally trained

through Hilaire Lockwood's Power Yoga. In addition to teaching at the Club, she works full-time at Foods for Living. Shiloh is passionate about yoga and would love the opportunity to share it with others!

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**Tasha Mills**  
**Athletic Director**  
**Certified Personal Trainer**

Tasha Mills is the University Club's Athletic Director, Aquatics Director and an exercise physiologist. As a personal trainer, Tasha shares in the Fitness Center's primary goal of helping others develop a lifelong passion

for physical fitness by demonstrating that exercise can be both rewarding and fun.

Tasha brings over fifteen years of experience in physical education and exercise science to the U-Club. She is a graduate of Michigan State University, and received her certification in 1998 through the American College of Sports Medicine (ACSM). She earned her master's degree in exercise science from Western Michigan University. She has a solid background in fitness, personal training and aquatics; with technical experience in physical and aquatic therapy, exercise physiology, cardiac and pulmonary rehabilitation.

Tasha came to the U-Club in 2002 from the Michigan Athletic Club, where she was a member of the Aquatics Fitness Staff. She has also served as fitness director for the Capital Centre in Dimondale. Following her graduation from Western Michigan University's graduate program, she worked as an exercise physiologist and aquatics director for K Valley Orthopedics in Kalamazoo, and as Fitness/Aquatic Coordinator for Court One Athletic Clubs in Okemos and Lansing.



**Patrick Taylor**  
**Lead Service Provider**  
**Certified Personal Trainer**  
**Group Exercise Instructor**

Patrick Taylor, Lead Service Provider for the University Club Fitness Center, received his bachelor's degree in exercise science and psychology from Michigan State University, with an emphasis in athletic training. He interned with MSU's Strength and Conditioning program, and taught the highest level of weight training classes. He earned his certification as a personal trainer through the National Strength and Conditioning Association, and is also certified as a lifeguard, yoga and Pilates instructor.

Patrick is also a Certified Massage Therapist from Lansing Community College. Since 1996, Patrick has specialized in injury rehabilitation, clinical massage therapy, and integrated training and massage programs to speed healing and results.



**Steve O'Rourke**  
**Certified Personal Trainer**  
**Fitness Floor Manager**

Steve O'Rourke, the University Club's Fitness Center Floor Manager, is an exercise physiologist and certified personal trainer, specializing in weight loss, circuit training, and muscle facilitation. He earned his bachelor's degree from Central Michigan University in health fitness, with an emphasis in preventative and rehabilitative programs. Steve is certified as a personal trainer and group exercise instructor through the National Exercise Trainers Association (NETA), and as a boxing fitness instructor through the Boxing Fitness Institute. While in high school, he participated in four years of football, basketball and track, and is still active in sports. Steve believes that the best fitness and exercise program starts with a positive mental attitude, and is accomplished in small steps, not leaps and bounds. "If you stick with it, the results will come," he says. "Whether you think you can or think you can't, you're right!"



**Miguel Salazar**  
**Group Exercise Instructor**  
**Certified Personal Trainer**

Miguel Salazar, an exercise physiologist and personal trainer, holds a bachelor's degree from Defiance College with an emphasis in wellness and corporate fitness, and a minor in sports management. While attending Defiance College, Miguel participated for two years as

a member of the college's HCAC Conference Championship football team.

Miguel served as a strength and conditioning Intern for the Michigan State Spartans, where he assisted with the training of the football and hockey teams, as well as men's and women's basketball teams. Miguel has a special interest in providing members with the knowledge and confidence of lifetime wellness. His philosophy entails providing members with motivation and education, resulting in the ability to push their bodies to the max and beyond.

*The Fitness Center at the  
University Club*

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**Sheila Kelly**  
 Group Exercise Instructor

Sheila Kelly is a certified group exercise instructor and a certified personal trainer. She earned her bachelor's degree in business administration from California State University, Chico, and her master's degree in kinesiology from California State University, Long Beach. Currently in her third year at Michigan State University, Sheila is working toward her Ph.D. in

kinesiology, with dual specializations in sport and exercise psychology and growth and motor development, while teaching a variety of classes in the kinesiology department as well.

Since 2004, Sheila has been personal training and teaching group exercise classes including spinning, step aerobics, cardio kickboxing, pilates, body sculpting and conditioning, and boot camp.

Her favorite part of teaching group exercise classes is getting people excited about exercising and learning new activities while having fun!



**Michael Provenzano**  
 Athletic Operations Coordinator  
 Group Exercise Instructor

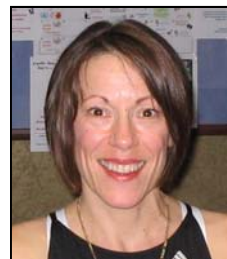
An ever-smiling and helpful face at the U-Club Fitness Center, Michael Provenzano served on the opening team for the Club's new facility in April of 2002. A graduate of The School of Hospitality Business at Michigan State University,

Michael remembers looking forward to starting this new job and the opportunity to combine his knowledge of wellness, health, and healing in a state-of-the-art facility. During his studies at MSU, Michael was the first Hospitality Business student to complete an internship with the world-recognized Canyon Ranch Health Resort in Tucson, Arizona. He has also completed his Reiki I and II certifications.

As a group exercise and yoga instructor, Michael upholds and demonstrates the Club's mission of exceeding member expectations on a daily basis, whether delivering a towel to a member on a treadmill, researching specific vitamins or minerals, or providing deeper insight to a workout or piece of equipment — Michael strives to do it all. Promoting health and wellness awareness is a passion for Michael, so it's no surprise that he takes great interest in the progress members are making and actually seeing or hearing about their results and changes. He invites members to come and experience the Fitness Center & Spa just once — he believes you'll be instantly hooked on the personal touches and unique environment the U-Club fitness team provides.



*The U-Club Fitness Center offers group exercise classes in many forms of yoga, including fitness yoga, gentle yoga, and yolates, a class that blends mat Pilates techniques with fitness yoga movements. An extensive Pilates program, as well as spinning, interval classes, body sculpting, conditioning, foam roller and FreeMotion toning are also offered at the Club.*



**Lynn Vincent**  
 Group Exercise Instructor  
 Certified Personal Trainer

Lynn Vincent brings over 20 years of experience in personal training and group exercise instruction to the University Club Fitness Center and would love to meet you in class or at a private training session. In addition to her background in

personal training, Lynn is certified as an instructor of group exercise, Spinning, and Pilates.



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