

# INSTRUCTOR BIOGRAPHIES

MAHOGANY

HOMEOWNERS  
ASSOCIATION

## BOOTCAMP • KICKBOXING • TOTAL BODY • SHRED by Jillian Michaels

**Instructor:** Margarita (Rita) Noscenco



My name is Margarita Noscenco. The fitness classes I run at Mahogany Beach club are Total Body, SHRED (Jillian Michaels), Bootcamp and Kickboxing. I've been teaching at this Community center since 2016 and I totally love it! 😊

My devotion to the world of sport began when I was 6 years old. I was a swimmer for 10 years - that's when it all started. During my swimming career I was winning different prizes at the country championships all around Russia and set the country record in Moldova and achieved the title of Master of Sport in swimming.

Nowadays, I'm the owner and the fitness instructor at the sport club Kick for Fit, certified Group and Personal trainer, I also got the certifications in Tabata, Bootcamp, Shred (Jillian Michaels) and Kickboxing Advanced level.

I'm passionate about everything what allows me to remain active and I love sharing my experience and knowledge with the others.

My motto is: "Stay strong, stay motivated. Believe and follow your dreams. Never give up!"

## SYSTEMA/MARTIAL ARTS/SELF- DEFENSE

**Instructor:** Dmitry

Dmitry was born in Russia, where he trained in traditional Martial Arts since 1988 during his military service. After moving to Canada in 2002, he continued his Martial Art training primarily in Aikido.

After meeting with Vladimir Vasiliev, Dmitry became his student. He was soon certified as an instructor of Russian Martial Arts (RMA) and now trains and teaches Systema in Calgary, AB. Dmitry is a Structural Engineer by trade and has a Masters in Civil Engineering.

## MOM & BABY YOGA

**Instructor:** Sinead O'Connor

My name is Sinead, I'm originally from Manchester, UK and have lived in Calgary for three years, two of those in Mahogany. I'm a Mom of three active boys and yoga is my 'me' time, the space where I find some inner peace and reconnect with myself. I specialize in yoga for Pre- and Post-natal women, with a focus on safely strengthening the pelvic floor using diaphragmatic breathing. In my classes, you'll learn how to protect the pelvic floor during exercise and improve pelvic health generally, as well as find a non-judgmental, supportive environment whether you are new to yoga or an experienced yogi. And hopefully you will meet some new friends along the way!

## YOGA WITH KIMBERLY • PRENATAL YOGA

**Instructor:** Kimberly McMahon



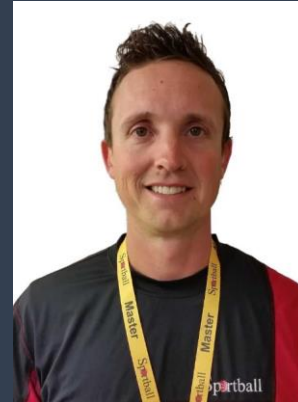
Kimberly began her yoga journey in 2001 while she was a student at the University of Calgary. She knew that she had found her passion and that yoga would always be a part of her life. Kimberly has tried many different types of yoga (Ashtanga, Hatha, Iyengar, hot yoga, aerial yoga, prenatal, postnatal, yin, restorative, meditation) - even traveling to Mysore, India in 2006 to explore and deepen her yoga practice.

In 2015/2016, Kimberly had the opportunity to complete a 200 hour Yoga Teacher Training at the Yoga Mandala, a vinyasa flow style of yoga focused on alignment, breath, strength, flexibility and health. And in the Fall of 2016, continued with a specialized (& relevant) Pre and Post-natal Yoga Teacher Training.

Kimberly's teaching style incorporates a balance of Yin (passive) and Yang (active) poses from various forms of yoga, pilates, barre, and movements she has learned from injury, recovery, pregnancy and postpartum. Her intention is to calm the breath, quiet the mind, and stretch & strengthen the body. She feels very fortunate to share what she loves with others.

## SPORTBALL: MULTISPORT • INDOOR & OUTDOOR SOCCER • T-BALL • HALF-DAY CAMPS

**Instructor:** Brent Fawcett



I began coaching part-time with Sportball in 2009, after completing my studies at the University of Calgary and enjoying some extended traveling. I have always enjoyed playing sports and take great pleasure in coaching sports to a wide variety of ages. It is amazing to see how big of a role we have, as coaches, in shaping the social and motor skills that children develop in Sportball. In my role as Area Manager since 2012, I have learned a tremendous amount about operating a successful business and I continue to love what I do every day. I look forward to seeing Sportball grow in Calgary and area with the great team of staff we have employed.

Favourite Sport: Hockey

Favourite Quote: "Don't waste a minute not being happy. If one window closes, run to the next window - or break down a door" - Brooke Shields

## ZUMBA

**Instructor:** Maria Pedrosa



My name is Maria Pedrosa. I am licensed to teach Zumba Fitness® and I love to dance! I've danced since I was a little girl. I was born in Brazil and Latin music is in my roots. I have a background in modern dance, ballet and contemporary dance.

The first time I tried Zumba® I was hooked. I bet you'll be hooked too. I began teaching Zumba® in 2007 and love it just as much now as I did then. It is fun, sweaty and challenging. It gets you in shape, releases stress and works the mind.

Zumba has helped me and many in so many ways I could have never imagined. I've currently have the privilege to teach Zumbatomic to children in elementary schools. I have help put together special programs that benefit low income populations and individuals with developmental disabilities.

I am involved in my local community with spreading the Zumba love and bringing awareness of healthy living and lifestyle change.

My classes are dedicated to helping you meet your fitness goals while having fun at the same time. I look forward to meeting you, having a great time and teaching you some very cool moves. Stop by and join the fun!

## ZUMBA STRONG

**Instructor:** Connie Silva



My name is Connie Silva, I'm from Chile South America, I'm married and I have two beautiful girls. I am so happy to be part of the instructors of Mahogany Beach Club! I been living in this community for 4 years. Mahogany opened the doors for my family and me since the very first time, I feel lucky to live here and having the possibility to offer this amazing class for the community.

I've been involved with sports all my life, I was a professional gymnast when I was a kid. In Chile, I worked for 10 years as a Commercial Engineer. Arriving here, I had the crazy idea to become a Fitness Instructor... it's never too late to follow your dreams! I made a big change in my life, I'm really enjoying my new profession and love Strong by Zumba! I have been teaching Strong for a year in Mahogany and would love to share my fitness passion and help people reach their fitness goals.

I invite you to try this awesome workout, all fitness levels are welcome, and remember... It's not a dance class!!

## ZUMBINI

**Instructor:** Bogi Gergely



My name is Bogi and I love teaching fitness classes. I always had a great passion for dance and fitness. After having my 3 wonderful children, I quit my full time job, so I can spend more time with my little ones and decided to turn my passion into a profession. Specialized in Resistance Training and started teaching a variety of fitness classes. After couple years I joined a Zumba class and I knew that I will not stop there. This is what moves me and what I also really love to do. I became a licensed Zumba instructor. Over the upcoming years, I acquired a variety of specialties: Zumba Kids, Zumba Toning, Zumba Gold, Zumbini, Strong by Zumba.

Fitness makes me happy! I want to share my passion with all fitness enthusiasts and help them be active and live a healthy lifestyle!

## HIP HOP • BALLET •

## DANCE EXPLOSION • TRIPLE FUN

**Instructor:** Puddle of Mud Productions

Puddle of Mud Productions is an arts organization that caters to movers, shakers and thespians of all ages and specializes in programs to get children active and creative. Consisting of over 25 arts educators with skills in dance, drama, voice, yoga, film, music and many other areas, Puddle of Mud Productions has catered to thousands of students all over Alberta since its inception in 2007. At Puddle of Mud we pride ourselves on the unique focus we put on the creative side of learning, and use that as a catalyst for skills in any discipline.



## PILATES

**Instructor:** Gracie Souza

Gracie Souza's boundless energy, big heart and dedication to helping people lead healthy, pain free lives are what drive her vision to be a healer through the mode of Pilates.

In 2017 Gracie Souza suffered pelvic issues from child birth and was bed ridden for over two months. After countless physiotherapy sessions, her doctor suggested she try Pilates as one final option before having to resort to surgery as a means to resolve her health issues. The Pilates worked! She completely healed from her health issues and "returned to life". She has been practicing Pilates since then. This experience fueled her desire to learn Pilates so she can share it with others.

Gracie Souza pursued post-secondary diploma in "Classical Pilates Vocational Training License" with over 850 hours of training at the only accredited Pilates school in Canada. Embody School of Pilates in Canmore, Alberta. She also obtained a Diploma in Business and studied International Affairs at university.

## YOUNG REMBRANDTS: PRESCHOOL DRAWING • ELEMENTARY DRAWING • CARTOON DRAWING

**Instructor:** Agi Osmar



My name is Agi Osmar. I am originally from Hungary but I've lived in Calgary for the past 25 years.

I've had a passion for visual arts for as long as I can remember, I have always loved drawing. The first form of visual arts that I completed in school was Photography, then at Mount Royal University I became an Interior Decorator. There, I was able to use my drawing skills by creating renderings of interior spaces.

After my children were born I started working in an Elementary/Junior High school as an Education Assistant. I love being around children, I enjoy their creative minds!

I've been teaching drawing classes for Young Rembrandts for the past 4 years. It is great to see how children's drawing and fine motor skills develop while we are having so much fun together.

Art is such great way to express ourselves. Come draw with us!