

Instructor Biographies - LHCA

Andrea Dielschneider - Country Heat

I have a real passion for fitness and hold many certifications including SPRA, Group Fitness, Zumba, Country Heat, PIYO, Keiser Spin and Mat Pilates to name few. I love group fitness classes and made the transition from a participant to Instructor. Having been a participant first it is important for me to ensure that the classes I teach are participant focussed and people attending feel welcomed and get a good workout.

In my free time I love spending time with my family our dog Fergus. I am an avid cook and love to bake. I really like to stay busy which is why I love fitness classes. They are challenging and motivating and we work as a group which makes the time go by so much faster.

Jordan Kapphahn – Low Impact and Sculpt

With a background in athletics, martial arts, weight lifting and running, Jordan Kapphahn is a well-rounded instructor with a wide variety of skills and knowledge in the field of fitness. Jordan is SPRA and YMCA certified, and is also trained in first aid, CPR-C and AED. Whether your objective is to get back into shape, maintain a healthy body, or condition for sport, Jordan Kapphahn will help you reach your goal! If you have any questions contact Jordan at: Krushfitsask@gmail.com.

Karla Kloeble – Hula Hoop

Meet Karla Kloeble, a dynamic and inspiring individual. Her passion for hula-hooping was sparked immediately upon her first encounter with the hoop. “My first experience with hooping was at a “hoop jam”. The room was over packed with an array of technical levels, displaying a universe of endless possibilities, performed with elegant flow and an assortment of styles. The whole scene was mesmerizing, I was captivated” she says. Karla began hooping in Ottawa, ON in 2011 and has aspirations to master her craft of hoop dancing. Since that time Karla has moved to the city of Saskatoon and founded the Saskatoon Hoop Community in 2012. She has now expanded her hoop career as an independent artist, Hula Hoopster. “Hooping is a great way to cut loose and go where the hoop takes you. Then challenge yourself to take it even further.” With a long standing background in multidisciplinary dance forms, Karla embodies the movement of hooping like second nature. She is well acquainted with the physical mechanics of movement and executes teaching her students with reassurance, patience and positivity.

Penny Fox-Knudtson - Jazzercise

Penny totes a passion for fitness and dance to the stage each and every class. She will lead you on a journey that challenges your body and frees your mind while the stress of the day melts away. Penny receives ongoing training, is evaluated on a regular basis, and is, of course, CPR certified. If you're looking for someone to motivate you to your potential and uplift you along the way, I got you.

For more information visit www.jazzercise.com, search Facebook Jazzercise Saskatoon, or contact Penny at 306-230-5529 or penny.knudtson@shaw.ca

Sheridan Etter - Baton

Sheridan has been a baton twirler for fourteen years and has been lucky enough to compete in competitions across Saskatchewan and Canada as well as do several performances throughout the city. She has recently volunteered as a baton coach for the Saskatoon Summer Players for their production of Grease this past summer. Sheridan also regularly volunteers as a coach throughout the summer with community youth summer centres around Saskatoon, working with children aged 4 to 14 to inspire them to try something new in sport. Outside of baton she is a second-year student at the University of Saskatchewan working towards a degree in English.

Sydney Harms – Sports Fun

I enjoy sharing my love of sports and have been fortunate enough to be a Sports ABC's instructor for the past four years. I like to instruct in a non-competitive environment where children feel that they can come, have fun and make new friends!