

Instructor Bio & Class Description

Chris Obzansky



Competed for 12 years with Team USA as an internationally ranked ice-dancer. 3-time U.S. national medalist. 2001 Junior Grand Prix gold medalist in Harbin, China. Junior World team member. Available as a primary or secondary coach, specializing in partnered ice dance, solo ice dance, adults, and stroking/power lessons.

Erika Roberts



Coaching since 1992. Competed nationally and internationally as a member of the Starlets and Miami University Varsity Synchronized Skating teams. Gold medalist in Moves in the Field & Ice Dance, Silver Medalist in Free Skate. PSA Master Rated in Moves in the Field, Group and Synchronized Team. PSA Level IV Ranking. Bachelor's degree in Sport Management and Sport Nutrition with a Minor in Coaching. Master's degree in Sport Behavior and Performance. Available as a secondary coach specializing in Moves in the field, skating skills and beginning ice dance.

Giselle Gorder



Coaching since 2003 with 13 years competitive experience. Gold medalist in Free Skate & Moves in the Field, Silver Medalist in Ice Dance. Executive Director, Co-Founder, Co-Choreographer, and Performer of American Ice Theatre of Utah and Crimson Ice. International professional performer since 2000, including aerial and plastic ice. Master Choreography Techniques certified. Certified Personal Trainer through the National Academy of Sports Medicine.

Haley Smith



Competed nationally and internationally as a member of the Ice Angelz and the University of Michigan Synchronized Skating Teams. Gold Medalist in Ice Dance and Bronze Medalist in Moves in the Field. PSA Registered Rating in Group, Certified in Moves in the Field. Haley is available as a primary coach. Haley is an AFAA Certified Group Fitness Instructor and holds additional certifications in High Fitness, Barre Above and Nutrition Coaching.

Jeremy Barrett



Coaching since 2004. 2010 Olympian / 2010 U.S. National Pairs Champion 2-time World competitor, 8-time National competitor, 4-time U.S. National medalist 2009 World Team Trophy Champion 2017 PSA Developmental Coach of the Year nominee Coached multiple national and international champions Grassroots to Champions camp faculty Coach and performer with Sun Valley on Ice Specializes in pairs skating, jump technique and the pole harness

Circuit Training/ Posture & Alignment/Roll & Stretch/Workout w Skates Class Descriptions

Circuit Training Class: High intensity circuit training. A dynamic warm up, various upper body, lower body, and core circuits. Wear good athletic shoes. Equipment needed: a Foam roller or tennis ball, yoga mat. Resistance bands or tubing is optional. **Posture and Alignment Class:** Focus on correcting posture. Equipment needed: Foam roller **\$5 payment must be received BEFORE class. Pay** via Venmo @chris-obzansky PayPal chris.obzansky@gmail.com BEFORE CLASS. No refund for missed class. ZOOM meeting link <https://zoom.us/j/7820267111>

Low Off-ice/Aspire & Bridge Class Description

This class is for developing figure skaters who and will focus on learning a dynamic warm-up, basic fundamental movement patterns, rhythm and timing, flexibility as well as basic figure skating elements. \$5 payment must be received BEFORE class. Venmo: @gMiami8r. PayPal: @erikask8coach. Zoom ID: 345-526-1065

Strength & Conditioning Class Descriptions

High intensity HIIT type training using your own bodyweight to increase strength, cardio and muscular endurance all at the same time. Exercises will include plyometric movements, stabilizing isometric holds and full body compound movements. Each class will include a quick dynamic warm up and end with stretching and foam rolling. Things needed: jump rope, athletic shoes, foam roller, chair or bench and water. \$5 payment must be received BEFORE class. Venmo: @giselle-gorder Zoom ID: 286-277-2040

Barre & High Fitness Class Descriptions

Barre classes will combine stabilizing exercises as well as cardio bursts for a full body workout in just 45 minutes. Strength with length is the goal of this class - long and strong muscles! What is High Fitness? Think Old School Aerobics meets HIIT training. LMFAO meets Jane Fonda with a side of Richard Simmons. All mashed up into a 45 minute, total body workout. NO equipment is necessary for this class. \$5 Payment must be received before class. Venmo @hales5 PayPal haley.e.smith@gmail.com Zoom class ID is 286-277-2040

Off Ice Jumps - All Levels/Juv +/Axel & Beginning Doubles Class Descriptions

High intensity 30 minute jump class working on jump height, rotations, body control and awareness. Jump exercises for on ice jumps, jump walk throughs, and combinations. \$5 Payment must be received before class. Venmo @Jeremy-Barrett-2 PayPal: jeremy198457@msn.com Zoom class ID is 504 845 0599

John & Nadine Ahmed Kerr



John hails from Edinburgh, Scotland, and is a 7-time British Ice Dance Champion, 2-time Olympian (2006 & 2010), and 2-time European Bronze Medalist. Additionally, during his competitive career he medaled 5 times on the ISU Grand Prix circuit and won International Challenger events in Finland and Germany. In 2010 John finished the season ranked No.2 in the World with his skating partner, and sister, Sinead Kerr. After retiring from competitive skating in 2011, John went on to become a cast member of 'Stars on Ice' for 3 seasons touring in the United States, Japan, and Canada. As well as performing with 'Stars on Ice' he appeared in skating productions all over the World including Germany, South Korea, Italy, Switzerland, and Brazil. John was also a principal cast member of 'Ice Theatre of New York' from 2011-2013, and an inaugural member of 'Ice Dance International' in 2014. Also, in 2014 John was the assistant choreographer for 'Stars on Ice' and in 2015 he was the choreographer for 'Scott Hamilton & Friends in Knoxville, Tennessee. In 2012, his first year of competitive coaching, John took the National Ice Dance Champions of Israel, Ukraine, and Japan all the way to the World Figure Skating Championships. As a choreographer he has created routines for some of the best pairs teams in the World including the 2018 Olympic Champions Aljona Savchenko & Bruno Massot, the 2018 Olympic Bronze Medalists, Megan Duhamel & Eric Radford, and the 2019 World Bronze Medalists Vanessa James & Morgan Cipres. In singles John has choreographed for multiple sectional and National competitors. John currently resides in Miami, Florida, with his wife, Nadine, and son, Zayn.

Nadine started skating at the age of 7 in Miami, Florida. She was a solo freestyle skater for 9 years and then pursued a career in ice dance. Nadine trained at the Gardens Ice House in Laurel, Md. With renowned coach Genrikh Sretenski. Nadine has competed at the Junior US National Figure Skating Championships. She is also the 2010 Azerbaijan National Champion, she competed at two European championships, and medaled at ISU International Challenger events. At the end of 2010 Nadine retired from competitive skating to pursue her PHD/MD at the University of Miami Miller School of Medicine. She qualified as a doctor in 2018. During this time she continued doing shows as an adagio pairs skater with companies such as 'Ice Dance International', and 'The Ice Theater of New York'. Nadine is a CER-A certified member of USFSA and PSA and has over 18 years of coaching experience at every level. She has her Gold Medal in MIF and Ice Dance. She also has over 20 years of experience in ballet, contemporary, and ballroom dancing.

Nadine specializes in ice dance, skating skills, and choreography. She has worked with national level freestyle skaters, ice dancers, and International Ice Dance teams.

Kylee Richards



Coaching Group Lessons since 2005 and Private Lessons since 2012. Skated Competitively for 12 Years. Former Regional & State Games of America Competitor. Gold Medalist in Free Skate, Moves in the Field and Ice Dance. USFS & PSA Member. Experience with all skating levels and ages. 2002 Olympic Opening and Closing Cast Member and Disney on Ice Cast Member from 2010-2012. Available as a primary or secondary coach specializing in Free Skate, Moves in the Field, Ice Dance, Power Skating, Choreography & Off-Ice Strength and Conditioning. Kylee currently has her General Education Development in Yoga & Mindfulness through, Yoginos for Youth. She will continue her practice in 2020 to become a certified RCYT & RYT200.

Pam Lemons



Dr. Pamela Lemons PhD, CMPC, has an eclectic background earning degrees in music, counseling, and sports psychology. A Wisconsin native, Dr. Lemons is an Olympic sport psychology consultant guiding athletes in several specialties on the US Ski Team. Additionally, she enjoys working within a wide range of disciplines with professional athletes and amateurs alike. Dr. Lemons maintains a private practice for Performance Psychology developing a client list that includes athletes, musicians, and corporate executives.

Dr. Lemons taught various Psychology courses at colleges and universities throughout the US and Europe. Moreover, she specializes in presentations on a variety of subject matters to groups both domestic and abroad.

Sarah Lyle



Coaching group classes since 2012. Coaching private lessons since 2016. Gold Medalist in Moves in the Field, Free skate, and Ice Dance. Juvenile Pairs. Regional and Sectional competitor, National Alternate. Trained with World and Olympic coaches. USFSA and PSA member. Available as a primary or secondary coach, specializing in free skate.

Kim Ryan Lewis



Kim is an acclaimed spin specialist and has been coaching for more than 40 years. A National and International coach, Kim's "Spinergy" Clinic series brings her unique spin specialization techniques to skaters and coaches around the world.

Kim's teaching philosophy focuses on an energetic and supportive approach to help skaters reach their maximum potential. A former national competitive skater, she understands the commitment and dedication required to achieve figure skating goals.

Kim has coached Regional, Sectional, Jr. National, and International competitors and has successfully taken skaters through Senior test levels of Figures, Freestyle, and Moves in the Field. She is PSA rated, a PSA presenter, and was nominated for PSA Coach of the Year in 2015.

Dance & Choreography Class Description

Skaters will be led through some dance and movement choreography. Venmo @John-Kerr-91859. PayPal @jkerr832 Zoom class ID is 624-421-4780

Yoga Class Descriptions

Athletes will improve their strength, balance attention and coordination through fun yoga poses & challenging yoga sequences. They will learn healthy stress and anxiety coping mechanisms and work on building self-esteem in a non-competitive environment. Families members are encouraged to join their athlete! \$5 Payment must be received before class. Venmo @KyleeRichards PayPal: neilrichards7@hotmail.com. Zoom class ID is 788-899-8344

Sports Psychology Class Description

In an open discussion format, athletes will talk about anxiety and stressors as well as being coached in coping mechanisms. \$5 Payment must be received before class. Venmo @sportspsych PayPal pamela. lemons55@gmail.com. Zoom class ID is 224-564-0464

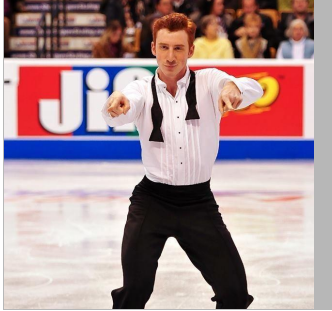
Low Off-ice/Aspire & Spin Board Class Descriptions

Aspire class is to focus on the fundamentals of off ice. We will be working on balance, strength, off-ice jumping, and basic positions. In the Spin Board class, we will be working on basic spins along with difficult variations. Zoom Meeting Link: <https://us04web.zoom.us/j/5678976648>. \$5 must be paid BEFOREHAND \$5 must be paid BEFOREHAND Venmo @Sarah-Lyle-5 PayPal sk8ingfanatik@yahoo.com

Spin Board Class Description

Join us for a 30 minute Basic Spin Board or Advanced Spins & Combo Spins Training Class with the creator of "SPINERGY" -Kim Ryan Lewis via Zoom. Please send \$5 at least 15 minutes before class. Zoom ID: 811-692-9339 Venmo: @Kim-RyanLewis PayPal: @kimspinergy

Sean Rabbitt



Member of Team USA,
Autumn Classic International
Bronze medalist,
9 time US Championships
Competitor, 4 top ten finishes
including 9th at recent 2020 US
championships, and 4 time
pacific coast champion.

Tiffany McNeil



Skated competitively for 15 years at the regional, sectional, and national levels. Gold Medalist in Free Skate, Moves in the Field, and Ice Dance. PSA Senior rated in Free Skate. She has coached skaters at the regional, sectional, and national levels. Bachelor's degree in Exercise Sport Science with an emphasis on fitness and health leadership and a Minor in nutrition. Available as a primary or secondary coach.

Stephanie Chace Bass



Competed nationally and internationally as a member of Team USA. Gold Medalist in Free Skate & Moves in the Field. PSA Certified Rating in Choreography. Master Choreography Techniques certified. Soloist for Royal Caribbean Cruise Lines Productions and Hot summer Nights on Ice. 2016 Young Artists Showcase Champion. Co-Director of the Ice Theatre of Utah. Available as a primary or secondary coach, specializing in Choreography.

Plyometrics Class Descriptions

plyometrics: a high energy, body weight workout, with a touch of endurance! \$5 Payment must be recieved before class.
Venmo @sean-rabbitt-1 PayPal:
fire_hair08@yahoo.com Zoom class ID is 963-261-7617

Off Ice Jumps/IJS Class Descriptions

High intensity 30 minute jump class working on jump height, rotations, body control and awareness. Jump exercises for on ice jumps, jump walk throughs, and combinations. The Adult class will focus on control, stability, position, and explosive power. \$5 Payment must be recieved before class. Venmo @sk8ingtiff.
Zoom <https://zoom.us/j/2976366790>

Strength/Stretch & Dance & Choreography Class Descriptions

Stretch and Strength class is focus on figure skating specific stretches to improve flexibility while also focusing on the strength to support that flexibility. Dance & Choreography will get the skaters moving and learning fun combinations. 3:30pm MWF \$5 must be paid BEFOREHAND.
Venmo: @thestrategicmethod or PayPal: stephbass22@yahoo.com
zoom link: <https://zoom.us/j/2976366790>