

# Meet our Class Instructors

## John Asaka

John Asaka, a nationally ranked tennis player, has more than 30 years of tennis experience. Asaka is the winner of gold, silver and bronze balls in doubles tennis. He has been teaching for Rockville for over five years. He teaches using step-by-step progressions and instructions for each student according to his or her skill level. He wants students to have fun and a great cardio workout.

## Susan Bowen

Bowen is an ERYT200 and created and owns Thrive Yoga Rockville. Her classes are challenging and inspire students to explore the practice of unifying the breath, mind and body to a place of comfort from the common western habit of distraction and discomfort. Bowen's style is most inspired by Yogiraj Alan Finger and Baron Baptiste and you will recognize the influence of, Kundalini Yoga and other Vinyasa expressions. After many years in a high-stress job (tight shoulders and distracted mind), Bowen gets it when her students seek the refuge of peace in a yoga practice. Bowen heard the intuitive voice to be a teacher while experiencing the death of her sister, Carol, to leukemia at 43.

## Kathryn Chongpinitchai

Kathryn began her classical ballet training under Claudia Mangan in 1987 and has continued her ballet training as well as modern, jazz, and hip hop at local studios. She danced with the Rockville Civic Ballet from 1987-2014 and the Gettysburg College Dance Ensemble from 2000-2004. Kathryn earned a degree in Theatre Arts with a concentration on directing and choreography from Gettysburg College. While at college, Kathryn began her ballet teaching career teaching fellow students ballet and pointe. Her thesis *The Looks of Love* was an original show of dance and spoken word choreographed, danced, and directed by Kathryn.

Kathryn has been teaching for the City of Rockville since 2005. She believes that regardless of the level, ballet should be an enjoyable and expressive art. Kathryn uses a blend of discipline and imaginative exercises for the young children while adapting the imagery and explanations for the older levels. She enjoys teaching all ages from the preschoolers to adults. Kathryn encourages communication with parents and students alike regarding their progression in ballet

## Rowena Riggs DeLuca

Rowena has been teaching dance for over 30 years. She received her Bachelors degree in dance from University of Maryland and has trained in tap, jazz, ballet, Polynesian, Middle Eastern and modern dance. She has also practiced gymnastics and baton. She teaches for Montgomery County Dept of R & P. Rowena works on terminology, repetition of correct movements for proper muscle memory and most importantly, making dance fun.

## Joanna Devine

Joanna is a former professional ballet and modern dancer with a BFA in Dance from SUNY Purchase Dance Conservatory. She trained with the Washington Ballet and performed with the DC Contemporary Dance Theatre in collaboration with Philadanco Dance Co., DanceSmith as well as the Houston Opera at the Kennedy Center. Joanna is a fitness lover, a certified Aerobic and Fitness Association of America instructor and licensed Zumba instructor. Joanna developed an exercise class called *Broadway Moves!*, a Broadway music and choreography based exercise class that creates a fun and exciting workout for all levels. Joanna stresses proper posture and alignment and core strengthening. She loves dance, music and fitness and believes in sharing this joy in her classes.

## Natalie Dodson

Dodson is a certified Kripalu Yoga teacher and has studied various disciplines of yoga. Her classes emphasize internal focus and awareness for safety and maximum benefit and range from gentle stretching to physically challenging depending on the level. She has been teaching with the City since 2005. Dodson's teaching is down-to-earth and often infused with humor. She takes great joy in sharing the benefits of yoga and how it can transform lives in small and important ways.

## Sylvia England

Sylvia has been teaching for the City for over 5 years. She started off teaching Kids Yoga and moved to Yoga on the Ball, Yoga flow and Yoga-lates. Sylvia completed the 200-hour teacher training at Thrive Yoga in 2015 and was a personal trainer. Originally Sylvia started yoga to round out her fitness routine and quickly found it to be a complement to a holistic lifestyle of good nutrition, fitness, and wellness. Yoga helps her stay grounded, centered, and present. She says that she walks away from every class feeling better physically, spiritually, and emotionally. Sylvia's goal is for people to have fun and smile during her class leaving refreshed and relaxed!

**Harvey Flaisher** – Harvey has been teaching a variety of classes such as Body Pump, Total Body Conditioning, Body Combat and Cycle for approximately 7 years. He works at Golds Gym, Sport and Health and Washington Sports Club. He wants to provide exercise programs that will maximize workouts for participants while allowing them to work at their individual fitness levels. He is certified in Group Fitness Exercise, CPR, Les Mills Body Combat and Body Pump, Keiser Cycle and is a brown belt in Tong Soo Do.

#### **Glenn Flarhety**

Plays and teaches Electric, Acoustic, and Classical Guitar. Graduate of University of Maryland. Performs throughout United States and Europe. Trained with Mike Auldrige. Glenn loves to see others learn how to play guitar and ukulele.

**Catherine Fleishman** – Cathy has been teaching a variety of fitness types of classes for over 25 years and has numerous fitness certifications such as Personal and Group Fitness Exercise, Yoga, Zumba and more. She has taught Power Sculpting classes, Aerobics, Circuit Step, Yoga, Kickboxing and many other types of classes. She has worked at the Sport and Health Club, LA Fitness, Montgomery County Recreation Department and several other places. She has been the Fitness Coordinator for LA Fitness for the past 3 years and she has trained and evaluated their instructors. She loves teaching and enjoys seeing the participants being successful after completing a good workout.

#### **Melizza Ford**

Melizza studied belly dance under Goddess Danielle and has continued taking seminars and workshops. She is an instructor and performer. Melizza is also certified to teach Zumba and Zumbatomic. She promotes dancing as a way for people to condition their minds, gain confidence, flexibility and enjoy fitness through the art of dance.

#### **Roger Gough**

Roger has been involved in tennis for more than 30 years as a player, racquet technician, store owner, and tennis instructor. As a USPTA Tennis Professional in Davis, CA, he instructed at the Lary Duque Tennis Academy where he focused on junior player development. Additionally, he owned Volleys Tennis Shop and taught private lessons for the Davis Tennis Club. Roger wants to encourage students to be successful while keeping instruction enjoyable, challenging, and fun. He wants students to have the skills and understanding to play the game well, in addition to continuing to develop as a tennis player over time.

#### **Veronique Graves**

Veronique is a certified Zumba instructor. She is a life-long dance enthusiast and has taken tap, jazz, ballet, hip-hop and Zumba classes. As a leader in AmeriCorps and a senior center manager, she has led group exercise for various age groups. Her energetic style is enjoyed by many.

#### **Paul Jordon**

Paul has over 25 years teaching and coaching basketball to children of all ages as well as adults. He has played semi-pro basketball for 2 years with the D.C. Jets and coached the Boys Varsity Teams at Quince Orchard and Gaithersburg High Schools and Girls AAU and Montgomery County Recreation leagues. Paul believes that his classes are intended to improve the skills and confidence of each child, regardless of their talent. Through repetition, children strive to perfect individual skills.

#### **John Lamb**

John has been participating in Tai Chi Chuan for 35 years and has been teaching for over ten years. He teaches the Yang style of Tai Chi Chuan, the Simplified Tai Chi 24 form and sometimes the Beijing form. His class provides training for integrating the mind, body and spirit. Adults of all ages may practice the flowing postures every day.

#### **Evelyn Langdon**

Evelyn participated in ballet classes and Rockville Civic Ballet performances from 1989 until 2004 when she left the area for college. She continued her ballet training with classes at Brigham University and then began teaching pre-ballet, beginning and intermediate ballet at the SW Denver YMCA. She rejoined her roots with the Rockville Civic ballet and City of Rockville ballet classes shortly after moving back to the area in 2013. She began teaching as a substitute instructor in 2014 and a regular instructor in 2015. Evelyn advocates respect, fairness and honesty in her classes and always encourages students to do their best. She is glad to be able to pass on her passion for dancing to a new generation.

### **Catherine Liddle**

Catherine spent six years as a Music Together parent participant before completing her teacher training in 2009. Currently, most of the music she makes is with her two children, but she played the organ for 15 years and sang in evensong choirs in both college and graduate school. She has a Master's degree in Linguistics from the University of Oxford with an interest in children's language acquisition. Catherine has been a member of Delta Omicron International Music Fraternity since 1984.

### **May Lu**

May has been teaching a variety of fitness classes such as, Body Sculpting, Cardio Kickboxing, Yoga, Circuit Step, Pilates Mat, Body Combat (MMA), Body Steps, Ballet, and Barre for 8 years. She likes to provide a variety of workouts to participants to help them achieve their personal fitness goals. May wants everyone to have fun and be safe while they are exercising. She is certified in AFAA Group Fitness, CPR, Balance Body, Yoga Steps, Les Mills, Barre One and Zumba.

### **Mark Orrell**

Mark teaches t-ball, soccer, and basketball. He has degrees in kinesiology and exercise physiology and has taught for over 5 years. Mark's goals are to establish a good rapport with the children while teaching the fundamentals of each sport. He makes students feel at ease through humor and promotes team spirit so all teammates feel successful.

### **Sabine Phillippe**

Sabine has training in ballet, modern, jazz, ballroom, Latin, improvisation, and folklore. She attended Boston University, Boston Ballet, Washington Ballet, Fred Astaire Studios, American Ballet, Academie Regine Montrosier Trouillot, and Louisville Ballet. Sabine's philosophy is to emphasize technique and then break down steps to their smaller components so it is easier for students to grasp.

### **Nancy Poole**

Nancy is a lifelong student of Yoga and instructor since 2004. She studied with Beth Shaw, founder of YogaFit. Nancy studied Pilates at The Body College in Washington D.C. and has her Pilates Mat Certification and is also a certified YogaFit Level 5 instructor. She feels that Pilates enables you to get in touch with your core strength through the mind, breathing and movement. This core strength benefits many aspects of your life, both physically and mentally. Every student has different and very individual strengths and limitations and can find contentment in each. Nancy feels that Pilates can benefit everyone.

### **Eleanor Simpson**

Eleanor has studied classical ballet for over sixteen years. She is a dancer in the Rockville Civic Ballet. Eleanor loves teaching for the City and sharing her knowledge of ballet with children. She hopes to make learning fun while providing young students with a foundation of art appreciation and technical understanding that will serve them well in all their future pursuits.

### **Keith Thomas**

Coach Thomas has been involved with sports his entire life and has been coaching children's sports for over 9 years. Coach Thomas holds Cal Ripken Coaching and Mid-Atlantic Federation of Umpires certificates. He provides a nurturing, fun, safe experience for the kids. He surrounds himself with every aspect of the game and enjoys teaching the basic fundamentals and good sportsmanship. He also enjoys working with and learning from others who share his passion for sports.

**Harvey Webb** – Harvey has been teaching over 10 years for a variety of fitness organizations including the YMCA and the City of Rockville. He has taught Power Sculpt, Circuit Step, 20/20/20, and Interval and Circuit Training. He has a variety of Personal and Group Fitness Exercise certifications. He believes that "Your health is your wealth" and his goal is to try to make people enjoy working out.

### **Terri Winkler**

Terri has taught childhood music for over 15 years, and was trained as a registered Music Together teacher in 2003. She was awarded the Music Together Certification Level I for outstanding achievement in teaching, musicianship, program philosophy, and parent education. Terri has a BA in piano performance and pedagogy and has worked as a musician and music teacher for more than twenty five years. She is a member of the Early Childhood Music and Movement Association.

**Mehmet Yargici**

Mehmet Yargici is a USPTA (United States Professional Tennis Association) certified instructor with more than 17 years teaching experience. He teaches all levels of players, from novices to competitive athletes. His teaching programs are tailored to age and playing level. Mehmet's custom tailored programs enable his students to quickly gain the skills necessary to enjoy the game of tennis.

**Zehra Yargici**

Zehra Yargici has been teaching tennis for over 10 years to children, teens and adults. She is certified through the USPTA (United States Professional Tennis Association). She is an active participant in tennis workshops and player development programs. She loves tennis and loves to share the sport with her students.