

Kim Nicoletti



Kimberly Nicoletti lives to ski powder, but, in-between Mother Nature's storms, she teaches tai chi, meditation, mind/body creative movement, and other fitness classes, like Zumba and barre fusion. Her master's degree in Somatic Psychology informs her mindful approach to teaching, while her undergraduate degree in writing keeps her employed as a freelance writer, coach and instructor.

Renee Rodgers



Renee has been involved in the fitness industry for over 27 years. She has a Bachelor's degree in Kinesiology, with an emphasis in fitness and exercise and holds numerous fitness certifications (ACE personal trainer, ACE group fitness instructor, AEA water fitness instructor, Mad Dogg Spinning Instructor, AAAI/ISMA yoga instructor, AAAI/ISMA Pilates Instructor, TRX, Zumba and CPR/AED and first aid.)

She works full-time at the Silverthorne Recreation Center in Silverthorne, Colorado as the fitness coordinator, teaching fitness classes, overseeing 30 part time instructors/trainers and fitness equipment purchases. She has been there for over 15 years. She has been a part of the Keystone (studio K) team since 2012. She is on the steering committee of the Physical Activity Nutrition Team of the Summit (PANTS) coalition, involved in worksite wellness and is a parent advocate for Action for Healthy Kids to improve school wellness.

Renee's passion is to expose everyone to find the fitness that works for them and make it fun along the way. She has a wonderful husband and 2 great daughters and enjoys running, camping, hiking and mini triathlon races.

Jenna Duncan



Jenna has been practicing a variety of yoga types for the past 6-years and is RYT 200 certified through Yandara Yoga Institute. She came to yoga as a new form of exercise after playing competitive soccer in college. She has experienced incredible healing and growth, physically, mentally and emotionally through yoga. She is passionate about sharing the gift of yoga with others. Jenna believes in all types of yoga and finding whatever it is that will make each and every person truly happy and at peace. “Where there is love, there is life.” – Mahatma Gandhi.

Rebecca Holcomb



Becca hated her very first yoga class in 2004. Being use to high velocity and impact activities, yoga just didn't make sense to Becca. But, after a back injury in 2011, she returned to yoga for healing and quickly realized the physical fitness and mental benefits of the practice. From that point, Becca became a devoted student and then chose to deepen her practice with a 200hr Yoga Alliance certified teacher training in 2013. With that certification, Becca is available to teach Hatha-Vinyasa flow yoga, Power yoga, and Yin yoga. Becoming a teacher, proved to be a true inspiration to Becca and she sought to expand her practice even further. In 2015, Becca completed a Pre- and Post-Natal Yoga Alliance certified teacher training, as well as, a Childrens Yoga Alliance certified teacher training (pending July 2015). With those certifications, Becca is available to teach yoga to people throughout their entire life-span! Becca is passionate about travel and adventure (just ask her about all the unique places that she has lived and visited). Along with yoga, Becca's active lifestyle includes running, rock climbing, hiking, stand-up paddle boarding, snowboarding and nordic skiing. Through her adventures, Becca has found a desire to empower others to be self-motivated. She encourages her students to find

inspiration within themselves, in every one of her classes!

Tracy Van Anderson



My group fitness teaching career starting in Aspen, Colorado in 1985 with a heavy hands aerobics class. I continued teaching a variety of classes and then landed in Breckenridge, Colorado in 1988 where I have since been teaching many more types of fitness classes. I started learning Yoga in 2000 from Kimberly at The Breckenridge Recreation Center then began teaching my own class there. I also was hired by Vail Resorts to teach at The Keystone Lodge

and Spa in 2004. Earning my YogaFit Teacher Training Certification in 2009 adds to many years of experience with practice and teaching group classes to my knowledge as an instructor. Keeping current with my Aerobics and Fitness Association of America - AFAA Primary Group Exercise Certification since 1994 has kept me current with all the new developing exercise nuances. I love the connections, energy and support groups exercise class offers and will continue to enjoy every class I endeavor.

Mike Galvin



Mike was born in Boulder, Colorado and began working at Keystone Ski Resort in July, 1981. Mike has been cutting trees and been a member of Ski Patrol since arriving at Keystone. In between his work at Keystone, Mike has also been a white water raft guide. In 1997 Mike injured his back and it was this injury that led him to Yoga. Yoga has been his cure, his balance and a part of his core being. Life is good and Mike loves teaching Yoga.

Jennifer Voxakis



My name is Jennifer Voxakis. For the last 34 years, I have been a dance and fitness instructor. In Dance, I owned Rocky Mountain Dance Academy for 18 years and as current, I direct a dance program at the Silverthorne Recreation Center (for 17 years now). In my early years, I taught for Barbie Graham Meier School of Dance for 11 years. I teach tap, jazz, ballet and Lyrical. In fitness, I began at 16 teaching dance aerobics and moved into teaching step classes. Currently, I teach Pilates, yoga, water fitness, muscle toning/sculpting and SilverSneakers (senior fitness) classes. As a specialty class, I teach fitness based hooping class with weighted hoops. I have a Red Belt in Tae Kwon Do and I am an avid snow and water skier. My mission is to bring good technique to my students dance or fitness routine. My mantra is “no pain, no strain, no stress, for these are cracks in your fitness foundation”. Most of all, my mission is to create a fun and happy movement experience for all of my students.

Abby Ruby



Abby teaches a power flow style class. She has her 200 hour Yoga Teacher Training Certification through CorePower Yoga. She has done additional study with Baron Baptiste completing his Level I teacher training in 2011. She has also take additional trainings in pre and post-natal yoga and kids yoga. She brings to class an emphasis on the physical, emotional and spiritual practice of yoga.

Angie French



Angie is a graduate of Axis Yoga Trainings in Denver, Co. 2010 and Yoga Vidya Gurukul Nasik, India 2012. Training in Iyengar yoga, Classical Yoga, Ayurveda, Pranayama, Shat Karma and more. I was first drawn to yoga on the physical level, but after many years of practice I have discovered yoga for me is more than that. Throughout my yogic journey, yoga has helped me dissolve many obstacles in my life. Yoga is a wonderful way to reconnect with yourself and get back to basics. With a regular yoga practice you can build strength, flexibility and focus. Classes are based on Hatha yoga poses in a slow Vinyasa(flow) form.

Sara Johnson



Yoga is my joy and delight. It brings me LIFE. I love sharing the gift of yoga to anyone who wants to learn more. Growing in my own practice, learning new things, understanding other things deeper -- this is what I love about yoga! It is a never-ending journey. I believe yoga is for EVERYone. My mission is to offer balanced and inspiring classes to each student who enters the studio. I love nothing more than watching a student have an experience in class-- whether physical, emotional, spiritual or a combo of these. I know that it isn't about me. It's their journey. One that I feel honored to be a small part of. I live in Breckenridge with my husband Jonathan, our daughter Lena Miri, and our dog Nyah. We feel so blessed to live in

such beauty! Hope to see you in the studio soon!

Ruth Meade



Born and raised in Co. Donegal, Ireland, yoga was neither accessible nor available. I first got introduced to yoga while on vacation to visit my sister in Boston. Later I sought out classes in Galway where my work took me and felt very much a part of the weekly practices. After moving back to Donegal from Galway, my surfing friends asked if I could lead them in a practice to improve their flexibility for surfing. To my surprise, classes grew and I really enjoyed leading the yoga practice. I decided to get my yoga teaching cert and went straight to the source. I spent several weeks in India and a month at Yoga Vidya Gurukul, Nasik where I became certified 8 years ago. My style is traditional Hatha with emphasis on the breath. I have also completed courses in kids yoga

at The Radiant Child Yoga in Boulder. For me, yoga has opened my awareness to the power of my breath. Remain connected in times of stress, sadness and joy and it will always lead you through. Especially when skydiving...!

Leslie Glenn



Leslie lives in Breckenridge, CO and finds inspiration in the beauty of nature, exploring the outdoors as much as possible. She was introduced to yoga 16 years ago as a balance to her competitive snowboarding pursuits. She immediately noticed the physical benefits of flexibility, balance, and injury prevention. As she became more experienced, yoga allowed her to tap into much more including mental focus, breath and body awareness, visualization and most importantly the ability to find her "zone" as they call it in sports psychology. These tools proved invaluable on the yoga mat, on the mountain and in everyday life situations. She strongly believes yoga can help people tap into their true authentic Self promoting health, inspiration, peace, and the openness to reach your full potential.

