



MEET OUR FITNESS & AQUATICS INSTRUCTORS!

DEB DEVRIES



Classes: Spin | Total Body Boot Camp

Deb lives in Zeeland with her husband Jon and children Josh and Nicole and is very involved in their activities. Prior to her fitness position at Zeeland Recreation, she was the Corporate Staffing Manager at Gentex Corporation for 15 years. After a 20-year career in Human Resources, Deb decided to focus on two areas in life she loves: family and fitness. "I used to struggle with self-image and that held me back in several areas of my life. My goal as a fitness instructor is to help those who have the same struggle. I want people to see their strengths and potential and know there is so much more to them besides the number on the scale and what they see in the mirror. I absolutely love teaching at Zeeland Recreation and helping people become stronger, healthier individuals. Seeing their confidence increase with each class is the best. If someone walks by or tries one of my classes they will see people working hard yet having a lot of fun as well. That's what fitness is all about!"

DEB WEISS-GELMI



Classes: Classical Yoga (Levels 1 & 2)

Deb Weiss-Gelmi is a certified "Iyengar Yoga Teacher", and she has great respect for the rich teaching lineage of the method. She finds it deeply rewarding to guide her students from their first experiences with yoga through to a deeper understanding of yoga and themselves. Deb founded and developed Sing Song Yoga®, the kids' musical yoga program featured in Zeeland Recreation's programming and has published a kids' yoga DVD, an iOS App, and a school program. Her formal education includes a bachelor's in education (including child development), and a master's in reading and literacy K-12.



MEET OUR FITNESS & AQUATICS INSTRUCTORS!

GRACE SPELDE



Class: Zumba

Grace Spelde has always danced at the grocery store. She figures that if her grocer doesn't want high kicks in the produce section, they shouldn't have "New York, New York" on the play list ☺. She doesn't dance because she is particularly good at it... she just can't help but dance because she loves it! In 2007, Grace discovered Zumba and was thrilled to find out that she could burn lots of calories and improve her overall fitness level while doing something that she couldn't help doing anyway. When the invitation was extended to become a licensed Zumba instructor, that was a no-brainer, and now she gets to throw a dance party several times a week at the amazing Zeeland Recreation Center. She promises that if you join her class, you will burn lots of calories, you will improve your overall fitness level, and you will learn some sweet, Latin-inspired moves to spice up that dance you do in the produce section.

HEIDI BERENS



Classes: Deep H2O | Senior Fit: Midday Movers

Heidi Berens has lived in Zeeland for 36 years and graduated from Zeeland High. She loves to relax by her pool, read books, take walks, and spend time with my family and friends. Heidi also owns "Sun Island and Hair Care". She has a passion for water exercise and for teaching community members about how to be safe in water. Heidi is also a certified lifeguard, lifeguard trainer, water safety instructor and pool operator. In addition to teaching aquatics classes, Heidi also serves as the Assistant Aquatics Coordinator for Zeeland Recreation. Heidi and her husband Todd have two wonderful children: Brie and Curtis.



MEET OUR FITNESS & AQUATICS INSTRUCTORS!

JACI LOWTHER



Classes: Cardio Kickboxing | Cardio, Strength & Stretch | Power Pilates & Yoga

Jaci Lowther is a health and wellness enthusiast. She is group fitness instructor and has been teaching classes since 2012. She currently holds a certification as a Nutrition and Wellness consultant from AFPA. Jaci's favorite quote is "Encourage one another and build each other up". She strives to live by this motto when she teaches, and loves to encourage her fellow students to be their best. Being healthy and staying active are incredibly important to her and she loves to support others as they pursue a path to wellness!

JENNIFER WESTENDORF



Class: Cardio Sculpt | Triple Threat

Jen's fitness career began early on as a recreational participant in both school and community programs. Over the years, the benefits of fitness always were at the forefront even as she transitioned into the work force. So much so that Jen merged her passion for health and wellness into a career over the last nine years while living in Los Angeles as the Assistant Director for Fitness & Wellness at Loyola Marymount University. Initially receiving her Mad Dogg (Spinning) and Barre Physique certifications in 2008, she also holds certifications in Schwinn Indoor Cycling, AFAA Group Exercise, TRX, and is a 200 hour RYT. Prior to moving back to Michigan, Jen was also a member of the Equinox Group Fitness team and attended Equinox exclusive trainings for ViPR, Barre, MetCon3, Pure Strength and Precision Running. A native of Michigan, she received her Bachelors of Science from Central Michigan University ('98 Psychology & Human Development). Jen's motto: whatever your age, activity level, or desired outcome, you'll be successful and have fun; together we'll reshape your life, one workout at a time!



MEET OUR FITNESS & AQUATICS INSTRUCTORS!

JULIE LAMER



Classes: Running Club: Train for a 5K | Senior Strong & Balanced | Spin

Julie Lamer is a Group Fitness Instructor for Zeeland Recreation and Herman Miller Inc. She started teaching Group Fitness in 1985. In 1990, Julie started working with Herman Miller Inc., currently in the Safety & Suitability Department and a Group Fitness Instructor. Julie is also an avid runner. She began running in the 80's and has kept that passion going. Julie enjoys competing in races, triathlons, golf and spending time with family and friends. Julie, her husband Scott and daughter Maci reside in Zeeland.

PAULA SHIVERS



Class: H2O Energy

Paula Shivers has lived in Zeeland for 16 years, and is originally from Chicago. Paula loves teaching aquatics fitness classes because she loves helping others. Paula greatest joy is watching patrons enjoy the workouts and meet their personal goals, whether it's weight loss, strength, longevity, balance, or just overall health. Paula and her husband Jeff have two daughters: Alanna and Gabbi.



MEET OUR FITNESS & AQUATICS INSTRUCTORS!

SHERRI GEBBEN

Classes: Chair Yoga | Senior Fit: Sunrise Stretch & Stride

TBD

SUZETTE STAAL



Classes: Hydro Cardio | Spin | Yoga-Pilates Fusion |

Suzette Staal has taught fitness classes for over 20 years. Trained as an educator, Suzette loves to teach! She is certified by the Aerobics Fitness Association of America as well as the Aquatics Exercise Association. Suzette works full time at Hope College in the Academic Success Center. Her passion is helping people achieve their very best in all aspects of their lives. When she is not working, Suzette loves to cook, read, walk her dog and be active!



MEET OUR FITNESS & AQUATICS INSTRUCTORS!

TINA VANDERKLOK



Class: Movement + Mindfulness

Tina is a registered yoga instructor [RYT-200], trained by Prairie Yoga Institute and registered through Yoga Alliance. She has a Master's degree in holistic nutrition and a Bachelor's degree of fine arts, specializing in design. After pursuing a corporate career in interior design, Tina found herself with a gluten allergy, food intolerance, riddled with anxiety, and a body in crisis. Since that time, she has embarked on a journey to discover what it means to be fully whole. This led her into the powerful healing hands of yoga and meditation, inner stillness and peace. Tina works to make yoga accessible and enjoyable for all, regardless of body type and level of skill. When not on her yoga mat, Tina loves to be near the water and enjoys time on the paddle board, painting, walking barefoot in the grass, swinging with her kids and spending time with family and friends.