



THE RESERVE



MEET THE INSTRUCTORS

Jennifer Byrd

As a former State, Regional, National, Ms. America, Amateur World Champion and Professional World Champion Jennifer brings to the table World Championship training. Taught by the top trainers in the world, she uses that knowledge to help YOU! Jennifer is retired U.S. Navy with 37 years of fitness experience, is Certified by International Sports Sciences, Certified in CPR and First Aid and Certified in Self Defense.

Ator Ighalo

Ator is an ACSM certified personal trainer and is CPR/AED certified. Health and Wellness have always been a major part of his life. He received his Bachelors in Exercise Science from Wichita State in 2012 and received his Masters in Public Health in Spring 2017. Ator worked as an exercise specialist at Shawnee Mission Medical Center working with cardiac and pulmonary rehab patients. He specializes in low impact training, muscle building, weight loss and sports training.

Ator's main focus is to provide individuals the tools they need through exercise and nutrition to incorporate a sustainable healthy lifestyle. His mantra is to be a better version of yourself every single day.

Katie Felton

Katie leads our Water Aerobics classes on Wednesday and Friday mornings. She has her Bachelors of Science in Exercise Science, her M.S. in Therapeutic Recreation and has completed certifications through the American College of Sports Medicine, as well as the National Council for Therapeutic Recreation Certification. Katie is a certified Lifeguard with the American Red Cross. Designed to accommodate all fitness levels, Katie's Water Aerobics classes emphasize functional fitness and proper body mechanics.



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Karen Kelly

Karen has been teaching yoga for over 20 years. Her achievements have given her the designation of E-RYT500 by Yoga Alliance. She holds multiple certifications and has spent time in Kerala, India in training. Over and above her initial 200 hour training and certification, Karen holds certifications in Yin Yoga, Prenatal Yoga, Advanced Vinyasa and Yoga Therapeutics.

Working as a Certified Surgical Technologist for over 37 years, assisting in all divisions of surgery, Karen has a deep understanding of anatomy, physiology and body mechanics. She brings this understanding and knowledge to her teaching. Currently, Karen offers yoga retreats both nationally and internationally. Yoga Alliance has qualified Karen, based on her numerous achievements, to be registered as a yoga school. This allows Karen to certify students as yoga instructors.

Caron Bey Knight

Caron began her personal yoga practice in 1985 and has continued to practice on and off since then. She decided to study more and earned her Yoga Alliance 200 RYT in December 2015. Her love of the water, fueled her interest in the unique practice of stand up paddle - yoga. In April of 2016, she became certified by the World Paddle Association (WPA) and earned her Class Level 1 Instructor in both Stand up Paddle (SUP) and Paddle - Yoga. Caron's Yin Yoga Practice and was born out of the necessity to slow down and find stillness, breath and meditation. "I am so happy to share this wonderful class with our Reserve Community as I truly believe that we all need to make space in our busy schedules to quietly, breathe and practice yoga in a gentle and healing way." A yin yoga class is the perfect complement to your active lifestyle. Caron is also CPR and First Aid Certified.



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CLASS SCHEDULES

Monday

9:30 - 10:30 am: Vinyasa Flow with Karen Kelly
Intermediate Level - Prior Yoga Experience Required

\$10.00 drop in fee - Sunset Room

10:45 - 11:45 am: Low Impact with Ator Ighalo

Free Community Class - Sunset Room

4:00 - 5:00 pm: Yoga Basics with Karen Kelly
Beginner Level

\$10 drop in fee - Sunset Room

Tuesday

10:00 - 11:00 am: Muscle Balance with Jennifer Byrd

Free Community Class - Sunset Room

11:00 am - 12:00 pm: Muscle Balance with Jennifer Byrd

Free Community Class - Sunset Room

1:00 - 4:00 pm - Massages with Wendy Law

Available by Appointment - Massage Room 1

4:00 - 5:00 pm: Yin Yoga with Caron Bey Knight

All Level Class

Free Community Class - Sunset Room



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Wednesday

9:30 - 10:30 am: Vinyasa Flow with Karen Kelly
Intermediate Level - Prior Yoga Experience Required

\$10.00 drop in fee - Sunset Room

4:00 - 5:00 pm: Therapeutic Yoga with Karen Kelly
All Level Class

\$10 drop in fee - Sunset Room

Thursday

9:00 - 10:00 am: Men's Yoga Sports Stretch with Karen Kelly

Free Community Class - Sunset Room

10:00 am - 4:00 pm - Massages with Wendy Law

Available by Appointment - Massage Room 1

Friday

10:00 - 11:00 am: Muscle Balance with Jennifer Byrd

Free Community Class - Sunset Room

11:00 am - 12:00 pm: Muscle Balance with Jennifer Byrd

Free Community Class - Sunset Room



THE RESERVE



MASSAGE AND WELLNESS

WENDY LAW, EASLEY THERAPEUTIC MASSAGE

Wendy Law has been practicing massage since 1994 and is a Licensed Massage Therapist (LMT) in both North Carolina and South Carolina. Wendy was an instructor at the former The Whole You School of Massage for 17 years. As well as being a member of the American Massage Therapists Association (AMTA), she is certified in Prenatal Massage, has training in Advance Medical Massage, Myofascial Release and Orthopedic Massage, as well as having trained in TMJ, Carpal Tunnel and Migraine Relief. Wendy is a Certified Colonic Technician and a member of the International Hydro-Colon Therapy Association.

Schedule and Pricing

Tuesday

Appointments Available 1:00 - 4:00 pm

Thursday

Appointments Available 10:00 am - 4:00 pm

\$85 per hour

Grand Opening Special!

Through **July 31st**, Wendy will offer a special to include:

Six 1 Hour Massage Sessions for \$450 (\$75 per Session)

This special can be purchased by a Member to be used on themselves, family member(s) or guest(s).