Naveed Bagheri is currently a Junior at SFSU majoring in Communications. He was named Male Rookie of the Semester in 2009, earned All-American and All-Conference honors, and ranks among the top contenders in the NCAA Division II Championships for SFSU’s Wrestling Team. Naveed has been involved in fitness for most of his life and wrestling since the age of 12. Outside of school and athletics, he enjoys cooking, rock climbing, meeting new people and being outdoors. He lives by the words of Confucius, "Find a job you love and you’ll never work a day in your life."

Currently teaches: Ripped 101, Washboard, Core Beats

Ingrid Barnoski is currently a Junior at SFSU. She shows her love of dance by teaching a variety of classes around the Bay Area.

Currently teaches: Flashdance

Amber Drake is a Sophomore at SFSU in the pre-nursing program. She has been on a competitive swim team for 11 years and has been lifeguarding the last 5 years. Amber believes that swimming is a necessary skill for everyone and it is one of the best types of workouts out there.

Currently teaches: Aqua Fit, Different Strokes, Beginning Swim, Water Goddess, Lifeguard

Nicholas Erickson has been a fitness instructor since 2005. Athletic achievements include swimming and playing water polo for Diablo Valley College, completing the San Francisco marathon and participating in the Lifecycle 3 times. He is a Junior at San Francisco State working on a bachelors in Kinesiology. Nick was hired as an Intern for the Campus Recreation Dept in 2009 and quickly became employed teaching fitness classes. He now serves as the Fitness Manager for the department. As well as working for Campus Recreation he also works for BootcampSF teaching group exercise classes outdoors around the bay area. My hobbies include camping, hiking, cycling and Yoga.

Currently teaches: Rockin Yoga Flow, Total Body Power, Strength & Tone
Jackelyn Ho

A good fitness class means roundhouse kicking your midterms in the backside, punching your worries away and sweating off any stress that’s left - welcome to Turbo Kickboxing with Jackelyn.

Who is she? Jackelyn is a sophomore at SFSU majoring in BECA and a minor in journalism, with aspirations of becoming a news reporter. On the path towards broadcast journalism, she has completed internships at CNBC Business News and the California Music Channel. Combining her enthusiasm for health and journalism, she writes for CollegeCandy.com as their resident Body Blogger. In addition to Campus Rec, she is also a kickboxing instructor at 24 Hour Fitness and a local private gym. Her most recent accomplishment includes finishing her first Nike Women’s Half Marathon, solidifying her love for running. Need an afternoon pick-me-up? Come join this crazy enthusiastic girl for some guaranteed fun! Currently Teaches: TurboKick®

Ashley Hunt

is currently a sophomore at SFSU studying Kinesiology. She is one of the department’s newest additions teaching Turbo Kick Boxing. Her life goal is to work for an athletic team as the physical therapist, but would love to also work in a children’s hospital when she is older. I hope to meet and help as many people as I can, and make an impact in other people's lives. Currently teaches: TurboKick®

Nicole Jannace

is a senior at San Francisco State, majoring in International Relations and minoring in Italian. For the past 6 years she has been involved in swim lessons, coaching water polo and swim teams, as well as various swim camps around the Bay Area. She joined the Campus Rec family roughly three years ago, with a brief interlude last year as she studied in Italy. She is very enthusiastic about sharing her love for the sport. Currently teaches: Aqua Fit, Lifeguard

Alejandra Leon

is a Junior at SF State, studying Creative Writing. She studied yoga with Clayton Horton, at the Brahmananda Ashram in San Francisco. She is inspired by Ashtanga, Anasura, Yin, and Vinyasa yoga. Alejandra brings her creative energies into formulating a class that is fun, challenging, and relaxing, by concentrating on breath and movement coordination. Her goal is to have students leave class feeling refreshed and energized. She believes yoga is for everyone, and wants to spread her love of yoga to others. Currently subbing: Strengthen & Tone, Yoga Flow
Alex Mattingly is an exercise physiologist specializing in muscle physiology.
He is a weight lifter of 13 years and trains bodybuilding, power lifting, olympic lifting, and sports specific training.  Currently teaches: XL Strength Training

Danae Robinett is so grateful to be teaching Yoga to others locally, in Phoenix and Internationally in Italy, Ecuador and Bali.  She draws inspiration from many sources to create Yoga classes, which offer elements of Ashtanga, Hatha, Yin, Partner and Restorative styles; please come prepared to sweat, smile and shine.  Danae fosters a nurturing environment whereby students realize their true potential in the art of trying and taking the risk.  What we learn on our mats automatically translates into the other areas of our lives resulting in transformational effects. Danae radiates a playful spirit while still honoring the sacredness of Yoga...laughter is essential and for some of the seemingly harder poses she often suggests how requisite it is to smile during the pose. The act of smiling brings down everyone’s guard, releases any competitive thoughts with oneself or others in the space and allows for JOY to flow easily! Danae encourages her students to find their authentic self in Yoga and beyond–to always lead with the heart realizing there is no judgment in Yoga! Currently teaches: Morning Blend Yoga, Strength & Tone, Yoga 4 Lunch