

Bobby Burke

This will be Bobby's fourth season as a skilled tennis instructor with the Pleasant Dale Park District. He currently plays first singles on the Men's Lyons Townships Tennis Team. He is also active with the Pleasant Dale Park District as a soccer referee and as a basketball statistician.

Sandy Dixon

Sandy is a registered nurse (RN) with a master's in exercise physiology, and she manages a Cardiopulmonary Rehab unit at a local hospital. She is a certified water aerobics instructor with several years experience teaching water aerobics at the Chalet. Her class started as a plus sized water aerobics class but has evolved to include people with orthopedic or health issues as well.

Matt Russian

Matt, Director of Athletics, comes to the Pleasant Dale Park District after serving with the Chicago Park District. The Detroit native graduated from Michigan State University with a B.S. in Kinesiology and a M.A. in Sport Management from East Tennessee State University. Matt has numerous years of coaching and athletic experience including time with high school, collegiate and professional sports organizations. He is married to his wife, Kim, and they have a 4 month old son, Tristan.

Martha Strawbridge

Martha has received specialized training and certification from the American Council on Exercise, P.I.A. Pilates, Zumba and Drums Alive. Martha's contagious energy and excitement have reinvigorated the Zumba classes at Pleasant Dale Park District.

Debbie Strus

Debbie has been an important part of the Greater LaGrange YMCA for 17 years where she has been involved with Aquatics and other aspects of the YMCA. Debbie brings a staff of certified Lifeguards and very qualified Swim Instructors. All staff members are qualified in the nationally acknowledged YMCA Swim Lessons Instructor program. In addition to these certifications, all staff is required to be certified in CPR for the Professional Rescuer, First Aid and AED training.

Annie Walter

Annie received her 200 hour certification training (200 RYT) from the Temple of Kriya Yoga in 2005; however, she has been practicing Hatha yoga since the early 1990s. Her Hatha Yoga practice is guided by a number of teachers such as Kim Schwartz, William Hunt and Mary Samano. She also receives Eischens Topa Tate from the Mystical Sciences Institute.

Cindy Yelich

Cindy has been the Recreation Supervisor at Pleasant Dale park District for many years, and coordinates the summer day camp program as well as the Extra Innings program. Cindy coaches, teaches and enjoys having fun with youngsters who participate in park programs. Cindy and her husband have two small children and reside in Rosemont.

Lorna Carrara

Lorna, a fitness professional who holds certifications in Pilates and Pilates reformer, has more than 15 years experience in the fitness industry. She is certified through the American Council on Exercise as a Personal Trainer and holds a certificate from the National College of Chiropractic as a chiropractic assistant. Lorna believes that Pilates is for "every-body."

Jessica Montalvo

Jessica is a sophomore at Northern Illinois University working towards her Bachelors in Secondary Education. Throughout high school she was a recreational gymnast and competitive cheerleader. She believes her passion for teaching and helping others paired with her background in tumbling translates into making her a well rounded instructor.