

PRO FITNESS AEROBICS STAFF

DIANA KNOX -- FITNESS DIRECTOR

Diana joined Pro Fitness as our director in 2003. She is a KSU graduate, enjoys singing in St. Isidore's choir and running. Diana also teaches many KSU credit and non-credit classes here at Pro Fitness.

Certification(s): *AFAA Primary, AFAA Step, PiYo, YogaFit Level 3*



DARYL BUSSEN -- OWNER/FITNESS INSTRUCTOR

Daryl is the owner here at Pro Fitness. He has competed as an amateur bodybuilder. He also teaches classes for Pro Fitness as well as KSU credit classes.

Certification(s): *AFAA Step, AFAA Weight Training*



KAREN POLSON -- YOGA INSTRUCTOR

Karen is a licensed cosmetologist at Avalon in Westloop Center and enjoys yoga, weight training and gardening. She and her husband can be found out on their boat most weekends in the summertime.

Certification(s): *YogaFit Level 1*



STACY KECK -- FITNESS INSTRUCTOR

Stacy is a recent KSU graduate in Kinesiology and enjoys trying new classes and water sports. She also teaches KSU classes here at Pro Fitness.

Certification(s): *AFAA Primary*



CHELSI THISSEN -- FITNESS INSTRUCTOR

Chelsi is a member of Kappa Delta and is a major in Nutrition and Exercise Science. Chelsi also teaches at the REC and hopes to graduate in 2010. She enjoys running, reading, writing, watching KSU games, dancing, baking and listening to music.

Certification(s): *AFAA Primary, YogaFit Level 1*



ANNE WEBER -- FITNESS INSTRUCTOR

Anne is our newest addition. She graduated with a master's degree from North Carolina State. She enjoys biking, reading, studying scriptures, spending time with her husband and daughter, and living life to its fullest potential.

Certification(s): *AFAA Primary (pending)*



KARI WALLENTINE -- YOGA INSTRUCTOR

Kari is a graduate of KSU with degrees in Animal Sciences and Veterinary Medicine. She enjoys spending time with her husband and dog, reading, cooking, watching movies and listening to music.

Certification(s): *YogaFit Level 1*

