



Brittany Johnson: Certified Instructor - POUND and Spin

Brittany has been teaching group fitness classes for 9 years. Prior to joining the Lititz recCenter Fitness team in 2017, she started her fitness career at Elizabethtown College teaching Pound. Brittany is a certified Pound and Spin instructor. Brittany teaches POUND, Spin, and Generation POUND (for kids) at Lititz recCenter and she also teaches Ninja Kids at recROC. Brittany is a Warwick High School Math teacher. Brittany and her husband Dan spend free time walking in downtown Lititz with her goldendoodle Marlow. Brittany loves challenging her participants to step out of their comfort zone, find healthy ways to de-stress, and achieve their goals.



Nikki Glaus: Certified Instructor - Body Pump

Nikki has been an avid Les Mills participant since 2014 and played softball through high school. Inspired to help others, Nikki took a leap of faith to become certified in Body Pump and instruct full-time. She is now a part-time instructor while training to become a certified surgical technician. She is a dedicated wife and mom to two high-energy kids (ages 11 & 4). Nikki enjoys woodworking/home improvement projects in her spare time. Despite her busy lifestyle, she tries her best to inspire others to be fit, healthy, and live well.



Shane Good: Certified Instructor - Spin

Shane has been a member of Lititz recCenter since his kids were wee little ones and were taking swim lessons. Shane attended Spin classes and was eventually recruited by Simon to become an instructor. 7+ years later, Shane still loves teaching class! He teaches an early morning Spin class on Wed at 5:45 am and also substitutes in other classes. He invites anyone who enjoys or wants to try Spin to come try his class and promises to not disappoint.



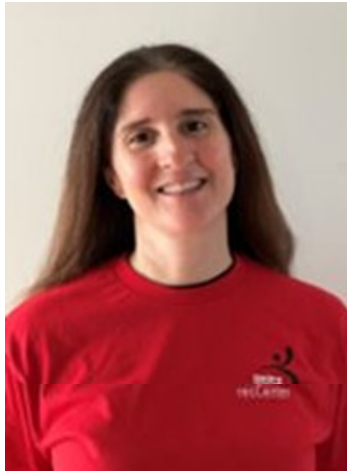
Kayla Ben: BS Sports Management, Dance Instructor

Kayla has spent her lifetime in ballet and now teaches youth dance classes at Lititz recCenter. She gained experience working alongside her own dance instructor for five years. Dance, staying fit, and pushing herself in the gym are her passions. While ballet is tedious and very detailed, Kayla enjoys seeing the joy in her young students as they master moves and combinations and perform these well. She loves interacting with her students and watching them grow.



Stephen Glaus: NFPT Personal Trainer, MS Fitness Specialist, High Performance Coach, Les Mills BodyPump and Sprint Certified Instructor

Stephen is a U.S. Army veteran and an avid fitness enthusiast. In 2018, Stephen was diagnosed with multiple sclerosis, a degenerative neurological disease, and found determination to fight against his deteriorating health through faith, fitness, and nutrition. After a prognosis for being wheel-chair bound, Stephen beat the odds and completed 3 IRONMAN triathlons. He attributes some of his success to group fitness at Lititz reenter. While he still struggles with MS, his aim is to inspire others to face their challenges in life head-on, build mental toughness and resilience, and motivate everyone to become the best versions of themselves and “Embrace the day”!



Teresa Goodhart: BS Business Admin., NETA Personal Trainer, Certified Instructor - Indoor Cycling, Senior Fitness, BodyPump

Teresa strives to make fitness fun in group fitness. She sees classes as a way for participants to push themselves to become more fit and healthy with the benefit of working alongside others. She loves to celebrate progress with her class attendees and assure them that they can do hard things!

Teresa is native to Lititz, married her high-school sweetheart, and has 3 children in Warwick schools. She loves her alone time as much as time with family and friends, and can be found cooking, volunteering at school, or believe it or not - exercising!