



National
Multiple Sclerosis
Society
Greater
Northwest
Chapter

MS TRAINED FITNESS INSTRUCTORS

Washington

City	Trained Instructor	Type of Exercise	Facility
Bellevue	Karen Henley, <i>Group Exercise Instructor</i> karenshenley@gmail.com	A variety of exercise options available. Contact Karen for best options.	Bellevue Family YMCA 425-746-9900
Bellevue	Anne McDowell, <i>Personal Trainer and Fitness Instructor</i>	A variety of exercise options available. Contact the instructor or facility to find a class/program that's right for you.	Bellevue Family YMCA 425-746-9900
Bellingham	Hilary Groh <i>Certified Therapeutic Recreation & Horseback Riding Specialist</i> Hilary@nwtrc.org	Therapeutic horseback riding	NorthWest Therapeutic Riding Center 360-966-2124
Bellingham	Julia Bozzo, <i>Certified Therapeutic Riding Instructor</i>	Therapeutic horseback riding	NorthWest Therapeutic Riding Center 360-966-2124
Bellingham	Tammy Bennett, <i>Health & Wellness Dir.</i>	A variety of exercise options available. Contact the instructor or facility to find a class/program that's right for you.	Whatcom Family YMCA 360-733-8630
Bellingham	Irene Wysocki, <i>Yoga Instructor</i>	A variety of exercise options	Whatcom Family

		available. Contact the instructor or facility to find a class/program that's right for you.	YMCA 360-733-8630
Everett	Lisa Salsbery, <i>Personal Trainer</i>	A variety of exercise options available. Contact the instructor or facility to find a class/program that's right for you.	YMCA of Snohomish County, Mill Creek 425-337-0123
Ellensburg	Patti Burke <i>Instructor</i> pbradioprivate@yahoo.com	A variety of exercise options are available. Contact the instructor or facility to find a class/program that's right for you.	Ellensburg Jazzercise Center (509)933-2348
Kirkland	Ilka Majdalane, <i>Pilates Instructor</i>	Pilates	Imaj Pilates 425-922-5000
Lake Stevens	Michelle McVey Micheldvr@aol.org	Therapeutic Horseback Riding	Sovereign Equestrian 425-760-0540
Lynnwood	Elizabeth Kovar M.A., <i>Personal Trainer / Fitness & Yoga Instructor</i> 425-670-5732 Bob Park, <i>ACE Certified Personal Trainer</i> 206-465-1763	Meditation, Personal Training, Yoga	Lynnwood Recreation Center 425-670-5732
Mercer Island	Lori Hollow, <i>Personal Trainer & Jazzercise Instructor</i>	Jazzercise	Mercer Island Community and Event Center 206-232-2608
Rollingbay	Dana Rosenbaum, <i>Aquatics Instructor</i>	MS Aquatics	Bainbridge Island Parks and Recreation 206-842-

			2302
Seattle	Jonna Bracken, <i>Yoga Instructor</i>	Adaptive Yoga	<u>8 Limbs Yoga Center</u> 206-325- 1511
Seattle	Rachel Henneck, <i>Personal Trainer</i> <u>rhenneck@yahoo.com</u>	A variety of exercise options available. Email Rachel to inquire.	<u>Downtown Seattle YMCA</u> 206-382- 5010
Seattle	Alicia Walker, <i>Yoga Instructor</i> 917-515-8865	Adaptive Yoga and other options. Contact the instructor or facility to find a class/program that's right for you.	<u>Downtown Seattle YMCA</u> 206-382- 5010
Seattle	Christy Fisher, <i>Founder & Instructor</i>	Adaptive Yoga	<u>Phinney Ridge Yoga</u> 206-547- 2712
Seattle	Tiffany Blackburn, <i>Yoga Instructor</i>	Yoga	<u>Tiffany Blackburn Yoga</u> Please contact instructor for more info.
Seattle	Ruth Callard <i>Personal Trainer</i>	A variety of exercise options are available. Contact the instructor or facility to find a class/program that's right for you.	<u>University Family YMCA</u> 206-524- 1400
Seattle	Amy Mattias, <i>Personal Trainer</i>	A variety of exercise options are available. Contact the instructor or facility to find a	<u>West Seattle Family YMCA</u> 206-935- 6000

		class/program that's right for you.	
Seattle	Suzanne Stephens, <i>Yoga Instructor</i>	Adaptive Yoga	<u>Yoga Empowered</u> 206-427-4130
Snohomish	Judi McGee, <i>Yoga Instructor</i> <u>Mcgeejudi@gmail.com</u>	Yoga	Wellness Yoga Please contact instructor for more info.
Stanwood	Irene Sandberg, <i>Fitness Instructor</i>	Enhance Fitness (seated & standing exercises)	<u>Enhance Fitness</u>

Wellness Grants

Wellness Grants help make exercise and other activities related to health and wellness accessible. If cost is a barrier, apply for a [Wellness Grant](#) and we can explore all resources available to you including insurance benefits, community resources and short-term financial assistance. Exercise is medicine!

Exercise Instructor Referrals

We are interested in training more certified fitness and wellness professionals. Is there an exercise instructor, fitness studio, gym near you that you'd like us to contact about the training? Email MSnorthwest@nmss.org.