



Group Exercise Instructor Roster

Puyallup and Auburn locations

Fitness Quest Puyallup - (253) 268-0625 - Manager Jake Swartz (253) 315-5930

Fitness Quest Auburn - (253) 737-5829 - Manager Tommy Yu (360) 584-0322

Group Exercise Director - Madalene Aponte (808) 351-2425

Puyallup Coordinator: Sara Flores

Auburn Coordinator: Breanna Smith

Instructor	Phone #	Email	Main Location	Zumba	Cycling	Yoga	Body Sculpt	Bootcamp	Commit	Pilates	Strong Nation
Claudia Aguayo	815-761-2576	claudia.aguayo@hotmail.com	Puyallup	X							
Madalene Aponte	253-830-4979	madalene@fitnessquest.com	Puyallup	X	X	X	X	X			
Joy Baker	253-320-4447	Joy.Baker@alaskaair.com	Auburn						X		
Stephanie Carlson	317-748-2821	landonaubreyava3@gmail.com	Puyallup		X		X	X			
Dailarin Brooks	253-263-2910	dailarin.brooks@gmail.com	Auburn						X		
Donna Black	253-213-2391	Donna@ctyfitness.com	Auburn						X		
Tessa Groesbeck	253-223-8928	tesa.groesbeck@gmail.com	Puyallup/Auburn	X							
Molly Hart	206-947-3264	mhart324@gmail.com	Auburn						X		
Vanessa Jones	253-579-9963	vjones5208@gmail.com	Puyallup						X		
Anne Marie Kembre	206-890-4563	annemarie.kebre@yahoo.com	Puyallup/Auburn		X						
Andreia Hagel	253-297-4990	andriahagel@hotmail.com	Puyallup	X							
Heide Maschoff	929-471-4403	Heidebobide@gmail.com	Puyallup			X					
Dixie Singleton	253-778-0980	dixiesingleton@gmail.com	Puyallup	X							
Jessica Quande	253-304-3502	quande@ctyfitness.com	Auburn						X		
Breanna Smith	253-486-3424	Breannasmith16@gmail.com	Auburn						X		
Camille Woodhouse	253-282-8503	woodhousecamille@gmail.com	Auburn		X		X	X			
Kate Pikalov	619-261-3364	Katrinamukomol@yahoo.com	Auburn/Puyallup		X						
Renata Steck	253-376-2105	renatasteck@yahoo.com	Auburn	X		X					X
Nanave Radford	(626) 497-8160	nanave.radford@gmail.com	Auburn						X		
Jim Muscatell	253-346-6430	james.muscatell@hotmail.com	Puyallup			X					
Lakeesha Ogburn	253-678-8547	kcadog@gmail.com	Auburn						X		
Mary Johnson	253-3707148	ml.mchugh@outlook.com	Puyallup			X				X	
Reina Lopez	360-742-7683	building.Absolute.Energy.Fitness@gmail.com	Puyallup		X						
Denise Woods	253-576-8596	denisehood123@gmail.com,	Auburn		X						
Venus Williamson	360-500-1857	scavengervenz@yahoo.com	Puyallup	X							
Danielle Tristani	360-259-5889	Danielle.tristani@icloud.com	Auburn	X							
Charlotte Cron Woods	253-508-1897	cmcwoods82@gmail.com	Puyallup	X							
Kimberly Ward	253-341-3879	kimberlyanne1991@gmail.com	Puyallup	X							X
Ariel Sanchez	425-830-7571	ArielSanchez77@gmail.com	Puyallup		X			X	X		
Helen Guerrero	253-2405892	gheelenguerrero@gmail.com	Auburn	X							
Sarah Florez	253-292-8540	sarahsangiaco@yaho.com	Puyallup	X							
Julianna Aetonu	253-226-4509	aetonuj@gmail.com	Puyallup								
Malisa Vigil	253-409-3799	malisavigil@gmail.com	Puyallup	X							
Nora Azami	206-214-8069	nazami0206@yahoo.com	Auburn	X							
Kim Charchenko	253-376-1529	kimiatmat@outlook.com				X					