

**BURN - Maria Guerra** is a nationally recognized fitness trainer, speaker, and health advocate dedicated to empowering others to live healthier, stronger lives. Her journey began in fitness instruction and quickly expanded when she was chosen as the trainer for a national reality television show on Univisión. She holds certifications as a NASM Certified Personal Trainer (CPT), AFAA Group Fitness Instructor (GFI), and Adult/Child and Infant First Aid and CPR/AED Instructor.

**Markee Lyons** is a Spin cyclist instructor and health coach with over a decade of experience helping people and athletes improve their health and performance as well as improving their wellbeing. He's currently a NPC IFBB professional bodybuilder competitor still competing at high level and believing consistency and hard work will lead to success in fitness and life.

**Simon Sadri** is a 2nd Degree Black Belt in the disciplines of Krav Maga & MMA. He's been a Self-Defense Instructor at the ARC since 2018.

**Lorrie Marquez** is an Integrative Health Coach and Certified Yoga Instructor with a passion for blending mindful movement with functional fitness. Her Yogalates approach combines the core-strengthening techniques of Pilates with the restorative flow of yoga to create a practice that is both energizing and grounding.

**Olga Razorenova** ([@UpwardDogYoga](#)) has practicing Yoga for over 10 years and got her certification from Orange Coast College via 200-Hour Yoga Instructor Training Program in May 2024. She currently teach Vinyasa Flow mixed level classes in UniHills twice a week, occasionally sub at ARC, and available for private instruction and workshops. She also has a PhD degree in Cancer Biology and works as a professor at UCI.