

The Center for Fitness Yoga Instructors

Rick Trzcinski began studying yoga in 2007 and received his registered Hatha Yoga Teaching Certification in 2009. A member of the International Association of Yoga Therapists (IAYT), he is currently in the Yoga Therapy Teacher Training Program at Yoga Yoga of Austin and is an E-RYT 200 YA registered Yoga Teacher with Yoga Alliance, on track to earn his RYT-500 hour certification in April of 2015.

Rick is active in numerous Veterans Organizations, including the Sons of the American Legion and Veterans Assistance Dogs of Texas. He is a member of Yoga for Vets.org, a network that offers Veterans four free yoga classes to encourage them to try it out. His training with the Veterans Yoga Project equips him to teach yoga to Veterans with PTSD and Trauma. Rick has been teaching weekly chair/wheelchair yoga at the Kerrville VA to the Alzheimer's/Dementia patients since 2010.

A certified Matrix Energetics practitioner and group leader, Rick teaches group classes for all levels of experience and is available for private yoga therapy lessons as well. He is looking forward to sharing with you what can be a life changing experience, as yoga has helped changed his life dramatically!

Corinne Gandy was raised in a military family and served in the United States Air Force from 1976-1980. She has lived in many places but has called Kerrville her home since 2008.

After practicing yoga for 15 years, Corinne studied the Ashtanga and Power yoga styles, becoming an instructor in 2013. Her teaching style is an eclectic blend of NIA, Hatha, Vinyasa and Power Flow. She attained her registered yoga teacher (RYT 200 YA) certification in 2014 from the Living Yoga Program of Austin. She is a member of Yoga Alliance and the International Association of Yoga Therapists (IAYT).

Yoga became part of her life after competing in many marathons and triathlons, as a compliment to her endurance and strength training. While raising two sons and working full time, she qualified and competed twice in the Hawaiian Iron Man Distance Triathlon as well as the Boston marathon, placing in the top 5 to 10 women and winning her age group many times over!

Corinne received her Bachelors of Science Degree in Psychology from California Coast University 2003. She is an Action and Nesta certified Personal Trainer and is presently working toward ACE and Cooper Institute Personal Training Certifications. She is an ACE Certified Group Fitness Instructor, Life Time Academy Professional Fitness Specialist – Group Fitness Instructor, and Spinning Certified Instructor through MADD DOGG Athletics.

Corinne has always wanted to get into Personal Training and now has combined that with a solid Yoga background. Her goal is to give back all she knows about living a healthy life style, balanced with yoga and fitness.

