

Jacobs School Fitness Class Email list					
email address	Are you affiliated with a school? Business? If so, which one?	Location where you work	faculty, student, staff, other??	Type of workouts you enjoy the most	Have you attended one of our classes already?
aac1@buffalo.edu	UB	EOC	faculty	aerobics, zumba	no
aberleem@buffalo.edu	Jacobs School	Jacobs School	student	any	
abw@buffalo.edu	UB	Clemens	staff	all	no
ademont@buffalo.edu	Jacobs School	Conventus	Staff	yoga, pilates	
afmarron@buffalo.edu	UB	med school	student	yoga	yes
agugino3@buffalo.edu	Jacobs School	Jacobs School	student	aerobics, zumba	x
ahezghia@buffalo.edu	Jacobs School		student		
aishatow@buffalo.edu	Jacobs	Jacobs	student	Yoga, TRX, bootcamp	
aj239@cornell.edu	UB	childrens	resident	cardio, dance, body	not yet
ajd5@buffalo.edu	UB	CBLS	Staff	Yoga, dance	No
alange3@buffalo.edu	UB	Jacobs School	student		no
aliciasu@buffalo.edu	student	Jacobs School	student	dance	x
amarschn@delawarenorth.com	Delaware North			Yoga, strength	
anikommar@buffalo.edu	Jacobs School	Jacobs School	staff, lab manager		x
annablum@buffalo.edu	Jacobs School	Jacobs School	faculty	Cario, strength, dance	no
annastov@buffalo.edu	Jacobs	Jacobs	student	cardio, strength, barre	no
annieste@buffalo.edu	UB	JSMBS	Student	cardio, strength	No
ansheedy@buffalo.edu	UB	JSMBS	Student	HIIT, cardio, yoga	No
anxhelan@buffalo.edu	Jacobs	Jacobs	Student	Strength, cardio, yoga	No
arpinepo@buffalo.edu	UB	JSMBS	student	dance, yoga	No
aschubac@buffalo.edu					
bapalka@buffalo.edu	UB	CTRC	staff	spin, pilates, strength	no
bdavidso@buffalo.edu	UB	JSMBS	Faculty	any	no
bethw@buffalo.edu	Jacobs School	Jacobs School	staff	yoga	
biochtau@buffalo.edu	UB	JSMBS	Faculty	spin, pilates, strength	No
biscardi@buffalo.edu	Jacobs School	Jacobs School	Staff	Strength, Pilates, Yoga	
bltylec@buffalo.edu	Jacobs School microbio & immuno	Jacobs School	Staff - research tech		x
bmbauer@buffalo.edu	UB	CTRC	staff	yoga, dance ALL	no
brusso@buffalo.edu	UB	Jacobs	student	any	online
btjensen@buffalo.edu	UB	JSMBS	student	yoga	not yet!
bw8@buffalo.edu	Jacobs School	Conventus	Faculty	Any	
callaha2@buffalo.edu	UB	Cary	postdoc	any	with Chris and Neil?
camillea@buffalo.edu	Jacobs	Jacobs	Student		No
carolkoel@yahoo.com.br	ex-Jacob School			All	Yes
carrieke@buffalo.edu	UB	Gateway	Staff	Any	no
caseycab@buffalo.edu	Jacobs School	Jacobs School	student	extreme yoga prostyle X	x
cboyd1@delawarenorth.com	Delaware North			beginner cardio	
cbuscagl@buffalo.edu	UB	JSMBS	Student	Barre, yoga, strength	No
ccutrona@delawarenorth.com	Delaware North				
cdlojaco@buffalo.edu	Jacobs	Jacobs	student	dance, barre	no
cgsjeff@buffalo.edu	UB	Cary	Faculty	Yoga,	No
cdunneja@buffalo.edu	UB	JSMBS	Student	strength, HIIT, mobility	No
cg73@buffalo.edu	Jacobs School	Jacobs School	student	spin	x
cgilling@buffalo.edu	Jacobs School	downtown	staff	yoga	x
chanahei@buffalo.edu	UB	Oishei	Resident	Strength	no
CHayes@KaleidaHealth.Org		Kensington Clinic	NP		
cliao8@Buffalo.edu	Jacobs School		student		
cmhook@buffalo.edu	UB		student	yoga, resistance	no
ConnieMKoch@gmail.com	Oishei	Oishei OR			
cs86@buffalo.edu	UB	77 Goodell	staff	Yoga, strength	no
cwilcox3@buffalo.edu	UB	JSMBS	Student	yoga, strength	no
danyazia@buffalo.edu	UB	JSMBS	Student	Cardio, HIIT	no
darpana@buffalo.edu	staff	JSMBS	Research scientist	any	no

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dgoetz@upa.chob.edu					
dgpratt@buffalo.edu	Jacobs School	Jacobs School	faculty	Strength, pilates	
dominiquedomo15@gmail.com	Jacobs School	Jacobs School		aerial yoga	
eacrinzi@buffalo.edu	UB	JSMBS	student	strength, yoga	no
EFeeney@delawarenorth.com	Delaware North				
Egner@buffalo.edu	Jacobs School	Jacobs School	Staff	Strength, cardio	No
ehquaye@buffalo.edu	JSMBS	JSMBS	Stuent	Cardio, dance	No
eks5@buffalo.edu	Jacobs School	Jacobs school	student	cardio strength	
ellenesa@buffalo.edu					
ellianag@buffalo.edu	Jacobs	Jacobs	Student	yoga/cardio	no
elliecam@buffalo.edu	Jacobs	Jacobs	student	yoga, spin	no
emachnica@bnmc.org	BNMC	Innovation Center	staff	yoga	x
emmahale@buffalo.edu	Jacobs school	Downtown med camp	student		no
empicil@buffalo.edu	Jacobs School	Jacobs school	student	yoga	
erinmand@buffalo.edu	Jacobs School	Jacobs School	student	circuit training	x
Evelyn.berman@gmail.com	Ub	Home	Staff	All	No
fengyuez@buffalo.edu	UB	Jacobs	student	Zumba/dance/yoga	no
fmesiah@kaleidahealth.org	Senior Marketing Assoc - Community Relations - Kaleida			Strength, cardio, dance	dance, yes
fwleong@buffalo.edu	BNMC	RIA	Staff	aerobics	x
Gghobika@buffalo.edu	UB	Jacobs	Student	Any	Not yet
gilliam3@buffalo.edu	UB	ECMC	Staff	cardio, dance, body	no
ginafish@buffalo.edu	UB	UBMD	facilty	Yoga, Cardio, strength	no
gloriaai@buffalo.edu	UB	Kimball Tower	Student	Cardio/abs/yoga/dance/strength	No
grishmat@buffalo.edu	JSMBMS		Fellow		
gyee@buffalo.edu	Jacobs School		student	yoga, pilates	x
handerso@buffalo.edu	UB	JSMBS	student	cardio, strength	no
hijabhka@buffalo.edu	UB	JSMBS	Student	boxing	no
hillaryj@buffalo.edu	Jacobs School	Jacobs School	student	cardio	x
ilanasel@buffalo.edu	Jacobs School	Jacobs School	student		x
jackiepouliot1@gmail.com	n/a	n/a	n/a	any	no
jamyers2@buffalo.edu	UB	BGH/GVI	Student	cardio; strength	no
janetume@buffalo.edu	ub	jacobs	student	strength	yes
janineme@buffalo.edu	UB	JSMBS	Student	HIIT	No
jannasee@buffalo.edu	post doc	Jacobs School			x
jannaseerkaur@gmail.com	Jacobs School	Jacobs School	staff	any	x
jessyale@buffalo.edu	UB	CTRC	Faculty	any	no
jfillo@buffalo.edu	UB	CRIA (1021 Main Stre	Research faculty	zumba, yoga	no
jgsaleh@buffalo.edu	UB	JSMBS	Student	strength, HIIT	No
jleone3@buffalo.edu	UBRF	77 Goodell	Staff	yoga, pilates, strength	no
jlobaugh@buffalo.edu	UB	Harriman Hall	Staff	Cardio and Core	Not yet!
jls39@buffalo.edu	UB	CTRC	staff		
jls39@buffalo.edu	UBRF	CTRC	staff	yoga, zumba, tai chi	no
jmsmith@buffalo.edu	friend Nargis				
jnewall@kaleidahealth.org		Kensington Clinic	NP		
joycewie@buffalo.edu	UB	JSMBS	Staff	yoga, meditation	No
joystenc520@gmail.com	MFS	OR	SS	yoga	YES!
jscrosby@buffalo.edu	Jacobs School	Jacobs School	staff	yoga	
jtamburl@buffalo.edu	UB	South Campus	Faculty	any	no
kalpeshd@buffalo.edu	UB	Abbott Hall - South Ca	faculty	cardio, strength	no
kaufman6@buffalo.edu	Jacobs School	Jacobs School	Student	cardio, yoga, spin, bodypump	
kbenware@delawarenorth.com	Delaware North				
kcgeorge@buffalo.edu	UB		Staff	yoga, dance	not yet!
kebethin@buffalo.edu	UB	Conventus	Faculty	Yoga, Zumba	No
Kendallf@buffalo.edu	Jacobs School	Jacobs School	Student	All	No

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kfpowers@buffalo.edu	UB	Jacobs	Student	cardio, barre, strength training	online
kimgrant@buffalo.edu	staff	Jacobs School	staff	yoga	x
kinkosin@buffalo.edu	UB	CTRC	student	Yoga, Cardio, Resistance, Strength	not yet!
kkrzemie@buffalo.edu	UB	JSMBS	Staff	Strength+Cardio	
klkosmer@buffalo.edu	UB	JSMBS	student	any	no
korinnemills0@gmail.com	undergrad Roswell Research				
kparks@buffalo.edu	UB	CRIA	Staff	yoga, strength, cardio	
Krystene.dipaola@gmail.com	Jacobs School	Jacobs School	Faculty		
ksmorris@buffalo.edu	UB	Jacobs	staff	yoga	no
kteving@gmail.com		retired		yoga, cardio, strength training	no
kyleseif@buffalo.edu	UB	JSMBS	Student	Strength, cardio	
kzimmerm@buffalo.edu	Jacobs	Jacobs	Student	Cardio	Yes
laftab@kaleidahealth.org	UB	Jacobs	faculty	any, beginners	no
lbalos@kaleidahealth.org	Kaleida	BGH	Faculty	strength, yoga	
ldm@buffalo.edu	Jacobs school	Conventus	faculty	cardio	
le1@buffalo.edu	Jacobs	JSMBS	Staff	cardio, strength, circuit	no
lerner@buffalo.edu	Jacobs School	gateway	faculty	yoga	
leullman@buffalo.edu	Kaleida		Faculty		
lindachr@buffalo.edu	UB	JSMBS	Staff	cardio, strength, circuit	no
Lisa1968@verizon.net	Canton		No	cardio, strength, stretch	Yes
ljnitsch@buffalo.edu	UB		Student	Cardio	No
IShea@askbhsc.org	BHSC	BHSC	Staff	group fitness	x
lstokes@ecmc.edu	ECMC FACULTY	N/A	Faculty	pilates, yoga, weights	no
luterma@buffalo.edu	UB	JSMBS	Student	cardio/strength/dance/yoga (so e	online!
lzander@buffalo.edu	UBF	JSMBS	Staff	yoga, strength	no
margduggan@comcast.net					
mariacol@buffalo.edu	Jacobs School	Jacobs School	Student	Strength, Pilates, Yoga	
maritzat@buffalo.edu	UB	JSMBS	Student	Yoga, abs	No
mbrown9@buffalo.edu	UB/BNMC	Conventus	Staff	Dance/Yoga	no
mbrown9@buffalo.edu	UB		Alumni	yoga, dance, strength	
mcamero@buffalo.edu	UB	Jacobs School	faculty	cardio/strength	not yet!
mchampag@buffalo.edu	UB	JSMBS	student	weights, strength, core	not yet!
mconrow@buffalo.edu	UB	JSMBS	student	yoga, strength	no
meloessin@buffalo.edu	Jacobs School	Jacobs School	Student	Yoga, Pilates	x
mgtcohan@buffalo.edu	UB	Home	Staff - Retired	all	No
midorih@buffalo.edu	Jacobs School	Jacobs School	Staff		x
mjodo@buffalo.edu	Jacobs school		facilities manager		
mkarim2@buffalo.edu	Jacobs School	Jacobs	Student	Cardio	
mkarim2@buffalo.edu	UB	JSMBS	Student	Any	no
mkedquis@buffalo.edu	BNMC	BGMC	Resident	Yoga	No
mifeltri@buffalo.edu	UB	CBLS	Faculty	any	
monikawo@buffalo.edu	UBMD - PCRI	Gateway Building	Staff	pilates, yoga, dance, aerobics	
mp84@buffalo.edu	UB	Conventus	Staff	Strength, boxing	no
msahern@buffalo.edu	UB	JSMBS	Student	Any	No
msantoro@delawarenorth.com	Delaware North				
msawyer3@buffalo.edu	Jacobs School		Student	any	
msdenman@buffalo.edu	HWI		student	cardio, yoga	yes
msudore@delawarenorth.com	Delaware North				
NBorrero@buffalo.edu	Jacobs School	downtown	student	salsa, aerobic	x
necover@aol.com			other	yoga	no
ngorski@buffalo.edu	UB	JSMBS	Student	Barre, yoga, strength	No
nhossain@buffalo.edu	staff	BGH	staff		x
nrluke@buffalo.edu	UB	JSMBS	staff	any	no

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ohtake@buffalo.edu	UB	South Campus	Faculty	all	
pdurkin@buffalo.edu	Jacobs	Jacobs	Student		No
pjn2@buffalo.edu	CSD/staff	1021 Main	Staff		x
pjn2@buffalo.edu	BNMC	RIA	Staff		
rahilkhwaja@gmail.com	UB	BGH	Faculty	All	No
rajanpat@buffalo.edu	Jacobs	Jacobs	Student	Pilates, zumba	
reginalo@buffalo.edu	Jacobs	Jacobs	Student	Cardio, pilates	No
rlee22@buffalo.edu	Jacobs	Jacobs	student	cardio/abs	yes
rlongend@buffalo.edu	Jacobs School	Jacobs School	student	spin	x
rnathan@alumni.nd.edu	Jacobs school	RPCI	staff		
rns4@buffalo.edu	University Pediatrics	Conventus	Staff	Yoga/strength/spin/abs/dance	no
rperry@buffalo.edu	UB	RF	faculty	strength, core	no
rshen@buffalo.edu	BNMC	RIA	Faculty	yoga	x
ruthiach@buffalo.edu	Jacobs School	Jacobs School	Student	pilates, yoga	
rw46@buffalo.edu	Jacobs School	Jacobs School	Student		
<u>rw58@buffalo.edu</u>	UB	JSMBS	Student	cardio and strength	no
saceda@buffalo.edu	UB	retired	faculty	spinning, body pump, pilati	no
safrasca@buffalo.edu	Jacobs School	Farber	Faculty	yoga, strength, kickboxing, barre	No
<u>Salmaatt@buffalo.edu</u>	UB	JSMBS	Student	BodyPump, Pilates, CardioSport	No
sangitaverma2@yahoo.com			other (parent of stu	all	not yet!
sarahmul@buffalo.edu	UB	Goodell	Student	cardio/dance	no
Sastrype@gmail.com					
sdenzler@buffalo.edu	Jacobs School	Jacobs School	student	zumba	x
sdkayne@aol.com	shelley				
serendyg@buffalo.edu	UB	JSMBS	Student	Cardio, body weight strength, yo	No
sfitzpatrick@upa.chob.edu	University Pediatrics	Conventus	Staff		no
sforgett@delawarenorth.com	Delaware North				no
sfortna@buffalo.edu	Jacobs	Jacobs	Student	cardio/barre	yes
SGerbers@KaleidaHealth.Org		Kensington Clinic	NP		
shantaka@buffalo.edu	UB	JSMBS	STAFF	zumba,cardio,dance	no
sjthomps@buffalo.edu	Jacobs School GME	Jacobs School	staff, student assistant	pilates	x
sloria@buffalo.edu	Jacobs School	Jacobs School	student		x
sls44@buffalo.edu	UB	JSMBS	Staff	zumba, circuit training	
smahajan@buffalo.edu	JSMBMS	CTRC - downtown	Faculty	Any	
smcasey@buffalo.edu	UB	CTRC	Staff	dance, circut training	no
snewman5@buffalo.edu	Jacobs School	Jacobs	Student	cardio+weights	yes
<u>Snewman5@buffalo.edu</u>	UB	JSMBS	student	dance, cardio, abs	no
sultanma@buffalo.edu	UB	BGH	faculty	cardio+stength	no
susanmic@buffalo.edu	UBMD	Conventus	staff	cardio/strength	no
<u>sverma6@buffalo.edu</u>	UB	JSMBS	Student	Zumba/dance	no
swatidha@buffalo.edu	Jacobs school	CTRC	staff		
talindsa@buffalo.edu	Jacobs School	Jacobs School	Student	Strength, Pilates, Yoga	x
tamaraku@buffalo.edu	Jacobs School	Jacobs School	student	spin	x
tg24@buffalo.edu	Jacobs	Jacobs	Student	any	no
tgglause@buffalo.edu	Jacobs School	JSMBS	student	cardio, strength	x
tgglause@buffalo.edu	Jacobs School	Jacobs School	student	zumba	x
tlin29@buffalo.edu	Jacobs School	none	student		
tmathew@buffalo.edu	Jacobs School	downtown	student	any	x
tonyalem@buffalo.edu	UB	OCH	Resident	cardio, zumba	no
tsolomon@upa.chob.edu	UB	Conventus	Staff		
ucarlino@buffalo.edu	staff	Jacobs School	Staff	Tai Chi	x
vkazaro@buffalo.edu	UB	Jacobs	Student	yoga, dance, circuit	online
vkumar3@buffalo.edu	UB	Conventus	faculty	Any	no

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vtcheli@buffalo.edu	UB	CBLS	Staff	any	
woodhous@buffalo.edu	SUNY RF	CTRC	Staff	Yoga, low impact	No
yasmin.thanavala@roswellpark.org	immunology	Roswell	Faculty		x
ymrodrig@buffalo.edu	UB	Farber	student	yoga, cardio, strength training	no
yveira@buffalo.edu	UB	CTRC	Staff	Dance, circuit training	No
yvettelu@buffalo.edu	University Pediatrics	Conventus	Staff	cardio/abs/dance	no

FREE WORK-OUT @ JACOBS SCHOOL!

Come join students and colleagues for a fun, energizing work-out on Thursdays 5:15–6:15 pm in the Atrium. Dr. Lisa Jane Jacobsen, in conjunction with the UB Athletics Department, is leading a Hi-Lo Impact Cardio-Dance work-out with additional lower extremity & abdominal exercises and stretching. Class designed for beginners as well as more experienced athletes – take it at your own pace!

** Why do it? Lose weight, strengthen your core, build muscles, reduce stress, decrease back pain, add years to your life, work out to energizing music, it's so close by, meet colleagues, have fun and feel great!

**** BEST TO SIGN UP BUT WALK-INS WELCOME!**

If you put your email on the Google Doc (link below) we can keep you posted of schedule changes! <https://goo.gl/BczUyx>

** Wear comfortable work-out clothes & good athletic shoes (cross trainers are ideal)

** Bring water & soft floor mat

Lisa Jane has 17 years of experience as a Certified Group Fitness Instructor and in 2012 earned AFAAs highest level of training as a Certified Fitness Practitioner