



Dianna Villegas, originally from North Carolina, teaches many formats other than our Tuesday noon time cycle class. She leads Yoga, Pilates (mat, reformer), Water Aerobics, and Circuit Training classes at 24 Hour Fitness, the Jewish Community Center, the Belmont Athletic Club, and Pilates Joe.

She says she is known for her patience, but our cycle attendees like to refer to Dianna as “the velvet sledgehammer.”

Dianna is completing her Master’s degree in Kinesiology, but finds fun and stress relief playing weekend soccer and raising her “handful of a puppy” pit bull, Angel.