

Editorial Board



Steven Becker, Health, Physical Education and Recreation Consultant JCC Association of North America

Steven Becker is a graduate of UCLA with a teaching credential in education. Prior to working at JCC Association, Becker was the fitness and aquatics director at the Marcus JCC of Atlanta, Ga., for four years, and the Westside JCC in Los Angeles, Calif., for 15 years. While in Los Angeles, he was the high school swim coach for three-time Olympic gold medalist Lenny Krayzelburg, as well as coach of the U.S. Junior Swim Team in the Pan-Am Maccabi and World Maccabi Games. Becker was recently honored as one of the top professionals in Aquatics International's Who's Who in Aquatics.



Gary M. Bernstein, MS

Gary Bernstein is President of Bernstein Group & Associates, a consulting firm helping nonprofits thrive nationwide. In addition Gary serves as an Assistant Professor & Sport Management Program Director at Long Island University in Brooklyn, NY. He has a long history with the JCC, starting out as a Health & Physical Education Specialist in New Orleans, Louisiana and working his way up to Executive Director at the JCC's in Marblehead, Massachusetts, Albuquerque, New Mexico & Louisville, Kentucky. Gary has a 2015 published text with Sagamore Publishing titled, Principles and Practices of Sports Marketing. In addition, Gary's second book titled, Nonprofit Recreation & Sport Organizations: Principles and Practices in Leadership and Management was published in 2016 with Sentia Publishing.



Steve Chase, General Manager of Fitness Flooring

Steve is a 26-year Fitness Industry veteran. He has been involved in introducing numerous Group Exercise and flooring products to the market, including Step Reebok, Resist-A-Ball, and most recently, The Ramp.



Pauline Ivens, M.S.

Pauline Ivens' number one goal is to provide the highest quality education in a positive learning environment. Pauline travels nationally and internationally teaching and training water exercise instructors, as well as writing and designing new materials for water exercise education. In 1997 Pauline was awarded the Aquatic Fitness Professional Global Award for excellence in aquatic fitness leadership and education. Pauline is certified by AEA and ACE, and is a Training Specialist for the Aquatic Exercise Association. She is also a Watsu® Practitioner.



Tammy Petersen, B.S., M.S.E.

Tammy is the Founder and Managing Partner for the American Academy of Health and Fitness. She has had an interest in improving the quality of life for older adults for more than 15 years and has written two textbooks on older adult fitness and designed corresponding training programs. Tammy's educational background includes Bachelor of Science degrees in both marketing and economics from Pittsburg State University, Pittsburg, Kansas. She holds a Master of Science in Education in the area of health and fitness, with an emphasis in geriatrics, from the University of Kansas, Lawrence, Kansas.



Beth Shaw, E-RYT, BS, CMT

Beth Shaw is Founder & President of YogaFit Training Systems Worldwide. As the largest yoga school in North America and a leader in Mind Body Education since 1994, YogaFit has trained over 250,000 fitness and yoga professionals worldwide. Beth is the author of several books including the best selling YogaFit (Human Kinetics) and YogaLean (Random House). She appears frequently on TV, authors several columns and is published in numerous fitness and business publications. An international presenter and popular speaker, Shaw has lectured and taught on six continents. An Anger Management Specialist and Meditation teacher, Shaw holds a degree in Business Management from Long Island University and numerous mind – body modalities.



Wayne L. Westcott, Ph.D., C.S.C.S.

Wayne L. Westcott, Ph.D., C.S.C.S., teaches exercise science and directs the fitness research center at Quincy College in Quincy, MA. He serves as a strength training consultant for numerous organizations and as an editorial advisor for several magazines. Wayne has authored/co-authored 24 books on strength training, and written chapters in both the NSCA and ACE Personal Trainer Certification Textbooks