



## *CERTIFICATIONS & CONTINUING EDUCATION*

- Aerobics and Fitness Association of America Certified Group Fitness Instructor
- Zumba Certified
- Keiser Indoor Cycling Certified
- American Heart Association CPR and AED Certified
- Regular Sara's City Workout Atlanta or Orlando Mania Convention Attendee
- Completed National Cheerleaders Association Coaches Program
- Graduate of American Sport Education Program/Certified Cheerleading Lay Coach

## *FITNESS AND WELLNESS EXPERIENCE*

### **Fitness Instructor** *(June 2008~Present)*

World Gym in Smyrna, GA

- Have taught formats including step, cycling, cardio kickboxing, resistance training, BOSU and Walkaway (which involves teaching a class on treadmills in the gym's cardio theater)

### **Fitness Instructor** *(December 2004~April 2008)*

LA Fitness Clubs in West Palm Beach, Boynton Beach and Palm Beach Gardens, FL

- Taught formats including cardio kickboxing, step, cycling and resistance training

### **Fitness Instructor** *(May 2003~May 2004)*

Ladies First Fitness Clubs in Athens, GA

- Taught formats including kickboxing, step and resistance training

### **Fitness Instructor** *(March 2003~August 2003)*

University of Georgia Student Recreation Center in Athens, GA

- Taught formats including kickboxing and step

### **Receptionist and Salesperson** *(November 2002~April 2003)*

Ladies First Fitness Clubs in Athens, GA

- Sold memberships to interested parties and managed front desk area

### **Cheerleading Coach** *(August 2002~September 2003)*

Cedar Shoals High School in Athens, GA

- Coached junior varsity competition squad and designed competition routine

### **Fitness Instructor and Floor Instructor** *(December 2000~February 2002)*

Gainesville Health and Fitness Club in Gainesville, FL

- Taught cardio kickboxing format
- Coached members during resistance training exercise
- Trained new floor instructors

### **Cheerleading Coach** *(August 2000~May 2001)*

P.K. Yong School in Gainesville, FL

- Coached varsity football and basketball squads