

## GROUP FITNESS INSTRUCTOR

### Summary

My passion is to inspire class members to get fit & stay fit. I believe that Yoga is a key element of fitness along with strength & cardio training that leads to a long & happy fulfilled life. My classes are fun, yet challenging and engaging that encourage all participants to feel good about themselves and come back for more.

### Skills

- AFAA Group Exercise
- Boot Camp Training
- Running 101
- AFAA - Step Certification
- AFAA - Kickboxing Certification
- YogaFit Certified - Level 1
- Les Mills - Body Pump 42
- BTS - Group Power
- Les Mills - Body Attack 51
- Spinning
- Les Mills - Body Attack 55
- IFTA - Group Fitness
- IFTA - Personal Trainer
- AIM I - Body Attack 75
- AIM II - Body Attack 77
- Les Mills - CX Worx 12
- AIM II - Body Attack 78
- Les Mills - Body Attack 82
- Les Mills - RPM 60
- Les Mills - New Zealand 2 wks
- CPR - thru 6-17-17
- AIM I - Body Pump 94
- Les Mills - GRIT 13

### Accomplishments

I have introduced & launched a number of new fitness programs in Wilmington, NC Gyms.

In 2002 I became certified to teach Body Pump and was one of the original instructors to launch Pump at Golds Gym. It continues to be one of the most successful fitness program at Golds today. It has since been launched at WAC, O2 Fitness, Fitness Fusion, & YMCA and recognized throughout the world as one of best weight training group fitness programs.

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It 2002 I became certified in YogaFit after taking a number of classes. I have taught Yoga at Golds, O2 Fitness & YMCA introducing numerous "gym group fitness attendees" to the wonderful benefits of practicing Yoga.

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In 2006 I became certified in teaching Body Attack. It also is a popular program that continues at gyms in Wilmington.

### Experience

Group Fitness Instructor Jan 2016 to Mar 2016

Company Name - City , State Introduced & launched Body Attack in Jan, 2016

Yoga & Group Fitness Instructor Sep 2014 to Mar 2016

Company Name - City , State

Substitute teach Yoga as requested

Introduced & launched Body Attack in May, 2015

Yoga & Group Fitness Instructor Feb 2012 to Jun 2014

Company Name - City , State

Taught Yoga at New Hanover Gym on regular schedule 2013- 2014

Introduced & launched Body Attack at Mayfair Gym in Jan, 2013

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Group Fitness Instructor Sep 1998 to May 2000

Company Name - City , State

Introduced & Taught Body Pump to all ladies gym

Yoga & Group Fitness Instructor Jun 1998 to May 2012

Company Name - City , State

Taught at 6 different Locations for Golds gym over a 14 year period

Helped to launch both Body Pump in 2002 & Body Attack in 2006

Taught Yoga Saturday am in Porters Neck location & Yoga Sunday am at Racine

Group Fitness Instructor Jun 1998 to Apr 2000

Company Name - City , State Taught general group fitness (weights & cardio)

Group Fitness Instructor Jul 1994 to Aug 1998

Company Name - City , State

Taught General group fitness including Boot camp, Step, Hi-Lo, Running & Weights

### Education and Training

Bachelor of Science , Animal Science June 1973 The Ohio State University - City , State Animal Science

### Interests

Enjoy yard work & outside activities

Employed with International Vitamin manufacturing company fulltime sales

Music - Singing & listening to bands

Running local races with Wilmington Road Runners

Dining out & traveling with Partner & fiancée, Tammy

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## Skills

My Yoga classes are fun, inspirational, & thought provoking. At age 65, the wisdom & humor I bring to classes is enjoyed and allows people to embrace their own practice and come back for more.

## Additional Information

I grew up on a small family dairy in Ohio and am still involved in the farm business with my brothers and sister. I am fulltime employed with an international Vitamin manufacturing Company (DSM Nutritional Products). I am a Senior Account Manager & also a mentor and sales support person to my team members.