

**Professional
Objective**

A forward-thinking leader in the arena of physical wellness seeks to develop customized fitness programs for corporate and government settings and to present the importance and benefits of such to the workforce using positive encouragement and a sense of humor. Over two decades of administrative, business management, and public speaking experience are combined while offering both group and private exercise training.

**Fitness
Experience**

Group Exercise Facilitator

2009 – Present

Clients: Humana Insurance, Inc.
Manatee County School District
Palmetto Art Center
State College of Florida
Sun Hydraulics Corporation

Private Fitness Trainer

2009 – Present

Private Clients: Testimonials available upon request.

Personal Rehabilitation Consultant

2008 – Present

Request Physical Therapy

Business Owner

2007 – 2009

Breath in Action, Inc.
mobile fitness instruction, education, and training for government entities,
corporate enterprises, and community centers

Sole Proprietor

2004 – 2007

Spotted Dog Fitness, LLC
personal training and group fitness center

**Relevant
Education**

Certified Instructor – LaBarre Training Method

Studio of Dawn Mammone, Lebert Systems Master Trainer

Certified Instructor – Mat Pilates I and II

Aerobics and Fitness Association of America

Certified Personal Trainer

Aerobics and Fitness Association of America

Entrepreneurial Leader

Meaker and Associates

Strategic Planner

Meaker and Associates