

Professional Summary

Passionate aerial coach, personal fitness trainer, and yoga teacher with an extensive background and ability to motivate others toward accomplishing goals. Designs classes to cater to individual clients based on their learning ability and current level. Highly skilled in managing program development and group classes.

Aerial Coaching Experience

Public Classes

Tissu, Hoop, and Trapeze

- The Aerial House | Los Angeles, CA 2017-2018

Workshops

Aerial Hoop

- The Aerial House | Los Angeles, CA
- Gravity Aerial Arts | Denver, CO
- The Artists' Asylum | Marietta, Georgia

Training Experience

Private and Group Fitness Coach, Equinox & Self, Los Angeles, CA 2015-2017

- Communicated with clients to determine their fitness goals
- Designed personalized programs and plans for clients to achieve optimal results
- Led and managed classes ranging from 10-20 people

Yoga Teacher, Black Dog Yoga & Xtend Barre, West Hollywood, CA 2015-2016

- Developed Vinyasa and Hatha yoga classes including restorative and power flow routines
- Instructed open-level classes to around 25 students per class

Education

Black Dog Yoga, Los Angeles 2015

200 hr RYT, Yoga Alliance

National Academy of Sports Medicine 2015

Certified Personal Trainer

University of California, Los Angeles 2009

Biology

Mass Communications

Skills

- Healthy living role model
- Coaching a variety of students from beginner to advanced
- Knowledge of human anatomy and biomechanics
- Nutrition principals and foundation
- Exercise modification and injury management
- Ability to provide both one-on-one training and group sessions