

NESTA GROUP EXERCISE INSTRUCTOR

FITNESS TRAINER

MAY 2013 - PRESENT - REAL RESULTS 30

- Develop individualize programs that ensure client enhancement of personal fitness goals
- Provide individual and group consultation for health fairs, radio stations, non-profit organizations, private and government agencies

FITNESS INSTRUCTOR

AUGUST 2015 - PRESENT - LA CARE/BLUE SHIELD FAMILY RESOURCE CNTR

- Facilitate fitness classes weekly for Resource Center participants and the general public
- Offer low-impact exercises and dance routines to improve stamina and endurance

GROUP FITNESS INSTRUCTOR

MARCH 2018 - APRIL 2020 - CRUNCH FITNESS

- The latest influences in hip-hop and street jazz come together in this high-energy, intense-cardio class • Concentrated ab-centric floor-work is paired with deep restorative stretching

GROUP FITNESS INSTRUCTOR

JUNE 2022 - JULY 2023 - CLEAR PATH CTNR

- Instruct Senior Adults in scheduled classes, lead warm up, exercises, stretching, and cool down segments of 20-25 participants a week



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