
Aerobics Instructor Resume

Job Objective

Seeking a challenging Aerobics Instructor position utilizing creativity and true desire to educate.

Work Experience:

- Aerobics Instructor, 2006 to Present
 - Princeton University, Princeton, NJ

 - Organized indoor and outdoor games such as baseball, volleyball and basketball.
 - Taught proper breathing techniques used during physical exertion.
 - Instructed and demonstrated use of gymnastic and training equipment such as trampolines and weights.
 - Taught aerobics, gymnastics, martial arts training and intensive calisthenics.
 - Educated and implemented safety rules and regulations governing sports, recreational activities and the use of exercise equipment.
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Summary of Qualifications:

- Ability to organize competitions and tournaments
 - Wide knowledge of sports techniques
 - Profound ability to explain techniques and movements clearly
 - Immense ability to teach a variety of aerobics classes such as water aerobics, step aerobics, and high and low impact aerobics
 - Extended ability to instruct students with information regarding nutrition, weight control and lifestyle issues
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Education:

B.S in Physical Education, 2004, Carnegie Mellon University
Aerobics Trainer Certification, 2006, Georgetown University

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