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## Aerobics Instructor Resume

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### Job Objective

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

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### Work Experience:

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- 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:

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- 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:

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

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