
Pilates Instructor Resume

Job Objective

Seeking a position as a Pilates Instructor within your valued institution where I can utilize my education, experience and teaching abilities.

Work Experience:

- Pilates Instructor, 2006 to Present
 - Pilates Institute of America, Florida
 - Instructed physical stretches, breathing techniques and stretching techniques for participants.
 - Taught participants in proper use of exercise heart rates.
 - Instructed students about exercises and advised lifestyle issues like diet and mind control.
 - Responsible for performing all physical aspects of the position such as walking, standing, stretching, bending and lifting.
 - Instructed proper use of equipment and exercise techniques.
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Summary of Qualifications:

- Sound knowledge of stretch bands, magic circles, yoga blocks and weights
 - Immense ability to identify the imbalances in the student's body and to instruct the student exercises to improve those deficits
 - Extended ability to instruct machine pilates
 - Profound ability to monitor the participants to check proper use of equipment and exercise techniques
 - Strong experience in exercise, movement and a related physical therapy
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Education:

B.S in Animal Science, 2004, Georgetown University
Pilates Instructor Certification, 2006, Vanderbilt University

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