

Name: *(your name)*

Date of Birth:

Email:

Telephone:

Job Objective: *(Your Name)* is a motivated and confident instructor looking for a challenging post in Pilates at an esteemed Fitness, Health or Community Centre. Ambitious to utilise her knowledge and instructing skills with clients of all levels and in turn building on this new and exciting career goal.

Career and Training Experience

201?: JPilates (ActiveIQ) Level 3 Diploma in Instructing Pilates Matwork

- Instructing clients safely and effectively in the full Pilates Mat repertoire and at all levels
- Good use of small equipment, adhering to the original Pilates principles and fundamentals
- Monitoring performance, correcting posture and proper technique/precision of movements
- Ability to assess clients physical condition, making changes in the methods and techniques of training
- Proven ability to progress and regress to the level of the learners and teach with utmost patience
- Advocating the importance of Pilates and nutrition in today's lifestyles
- In depth knowledge of Anatomy and Physiology
- Admin tasks such as keeping and updating records of students, PARQ and Health Statements
- Many years of Pilates and fitness included in everyday life

October 2011 – Current: Primary School Teacher, Chiswick, London

- Reception class teacher, teaching all areas of the National Curriculum

January - September 2011:.....

May 2008 - December 2010:.....

Previous roles

Education and Training - previous

2006 BA(QTS) Hons Degree in English Literature, St Mary's University College, London

Interests

Pilates, running, tennis & skiing

References and Certificates- Available on Request

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