



# MICHAEL ANDERSON

## LEAD AEROBICS INSTRUCTOR

### CONTACT

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### SKILLS

- Program Development
- Client Engagement
- Safety Protocols
- Virtual Instruction
- Health Promotion
- Community Outreach

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**MASTER OF ARTS IN HEALTH PROMOTION, UNIVERSITY OF FLORIDA, 2012**

### ACHIEVEMENTS

- Awarded 'Best Fitness Instructor' by the local health association in 2021.
- Increased senior participation in fitness classes by 60% within one year.
- Successfully launched a community wellness program that served over 300 local residents.

### PROFILE

Highly skilled Aerobics Instructor with a robust background in developing tailored fitness programs for various demographics, including seniors and individuals with specific health concerns. Exceptional ability to create an inclusive environment that encourages participation and fosters community. Extensive experience in utilizing technology and fitness assessments to enhance client engagement and track progress.

### EXPERIENCE

#### LEAD AEROBICS INSTRUCTOR

##### Wellness Studio

*2016 - Present*

- Developed specialized aerobics programs focusing on senior fitness and rehabilitation.
- Implemented fitness assessments to tailor programs to individual needs.
- Conducted workshops for community health fairs on the benefits of aerobics.
- Collaborated with healthcare professionals to ensure participant safety.
- Facilitated online classes during the pandemic, maintaining client engagement.
- Monitored and reported on participant progress, achieving a 30% improvement in fitness levels.

#### AEROBICS INSTRUCTOR

##### Active Life Gym

*2014 - 2016*

- Designed and executed high-energy group aerobics classes catering to all fitness levels.
- Incorporated feedback loops to ensure classes met participant expectations.
- Organized monthly fitness challenges to boost community participation.
- Utilized video conferencing tools for virtual classes, expanding client reach.
- Achieved a 90% retention rate through personalized client interactions.
- Promoted wellness programs that led to a 50% increase in gym memberships.