



MICHAEL ANDERSON

Senior Dance Fitness Instructor

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SUMMARY

Dynamic and results-oriented Dance Fitness Instructor with over a decade of experience in delivering engaging and innovative fitness programs. Demonstrated expertise in creating customized dance routines that enhance physical fitness while promoting a positive and energetic atmosphere. Adept at utilizing various dance styles, including Zumba, Hip-Hop, and Ballet, to cater to diverse client preferences.

WORK EXPERIENCE

Senior Dance Fitness Instructor **FitDance Studio**

Jan 2023 - Present

- Designed and implemented innovative dance fitness programs tailored to various skill levels.
- Conducted high-energy classes with an average attendance increase of 30% over two years.
- Utilized performance metrics to assess and enhance class effectiveness and participant satisfaction.
- Facilitated workshops to train junior instructors in effective teaching techniques and choreography.
- Collaborated with marketing teams to develop promotional materials that increased community engagement.
- Monitored participant progress and provided personalized feedback to enhance fitness outcomes.

Dance Fitness Instructor **Wellness Center**

Jan 2020 - Dec 2022

- Led group classes focusing on rhythm and coordination, resulting in a 25% increase in participant retention.
 - Developed engaging choreography that incorporated various dance genres to attract a broader audience.
 - Utilized social media platforms to promote class schedules and increase community involvement.
 - Provided one-on-one coaching sessions to enhance individual performance and confidence.
 - Implemented feedback surveys to continuously improve class offerings based on participant preferences.
 - Organized community dance events to promote health and wellness initiatives.
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EDUCATION

Bachelor of Arts in Dance, **University of Arts, 2010**

Sep 2019 - Oct 2020

ADDITIONAL INFORMATION

- **Technical Skills:** Dance instruction, Program development, Client engagement, Performance analysis, Workshop facilitation, Social media marketing
- **Awards/Activities:** Awarded 'Best Fitness Instructor' by the Local Wellness Association in 2021.
- **Awards/Activities:** Increased class enrollment by 50% within the first year of employment at FitDance Studio.
- **Awards/Activities:** Successfully organized and led a community dance marathon raising over \$5,000 for local charities.
- **Languages:** English, Spanish, French