



# Michael ANDERSON

## DANCE FITNESS SPECIALIST

Resilient and enthusiastic Dance Fitness Instructor with a comprehensive background in diverse dance styles and fitness methodologies. Proficient in adapting classes to meet the unique needs of participants, ensuring an inclusive and supportive environment. Known for the ability to effectively motivate individuals and groups through dynamic choreography and engaging music selections.

### CONTACT

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- 📍 San Francisco, CA

### SKILLS

- Dance choreography
- Fitness education
- Community engagement
- Team mentoring
- Technology integration
- Health promotion

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**ASSOCIATE DEGREE IN DANCE AND MOVEMENT THERAPY, COMMUNITY COLLEGE, 2015**

### ACHIEVEMENTS

- Increased program enrollment by 50% within the first year of implementation.
- Recognized as 'Instructor of the Year' by the Fitness Association in 2022.
- Successfully raised funds for community wellness programs through organized dance events.

### WORK EXPERIENCE

#### DANCE FITNESS SPECIALIST

Elite Fitness Club

2020 - 2025

- Developed and implemented a comprehensive dance fitness program that increased participation by 45%.
- Utilized innovative technology to enhance class experiences through interactive elements.
- Mentored a team of instructors, fostering a culture of collaboration and skill enhancement.
- Conducted regular assessments of class effectiveness and participant engagement.
- Established partnerships with local businesses to promote fitness initiatives.
- Organized seasonal dance showcases that highlighted student progress and creativity.

#### DANCE FITNESS INSTRUCTOR

Community Health Center

2015 - 2020

- Led weekly dance classes that combined aerobic exercise with artistic expression.
- Created engaging content for social media platforms that increased class visibility.
- Utilized participant feedback to continually refine class structure and choreography.
- Collaborated with health professionals to integrate fitness and wellness education.
- Promoted a positive and welcoming environment that encouraged participant retention.
- Organized community events focusing on health and wellness through dance.