

MICHAEL ANDERSON

Youth Pilates Instructor

- San Francisco, CA
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Enthusiastic and highly motivated Pilates Instructor with a focus on youth fitness and educational programs. With over three years of experience in teaching Pilates to children and adolescents, dedicated to promoting physical activity and healthy habits from an early age. Known for creating engaging and fun classes that inspire young participants to enjoy movement while developing strength and flexibility.

WORK EXPERIENCE

Youth Pilates Instructor | Kids Fitness Academy

Jan 2022 – Present

- Designed fun and engaging Pilates classes for children aged 6-15.
- Implemented age-appropriate modifications to ensure safety.
- Facilitated workshops for parents on the benefits of youth fitness.
- Created a supportive atmosphere that encourages participation.
- Monitored progress and provided positive reinforcement.
- Collaborated with schools to promote fitness programs.

Pilates Instructor | Active Kids Studio

Jul 2019 – Dec 2021

- Led group classes focusing on flexibility and core strength.
- Utilized games and activities to enhance engagement.
- Provided individualized attention to promote confidence.
- Organized community events to promote youth wellness.
- Incorporated feedback from parents to improve class formats.
- Engaged in training focused on youth fitness and development.

SKILLS

youth fitness

class design

engagement strategies

safety adaptations

community outreach

positive reinforcement

EDUCATION

Bachelor of Science in Child Development

2015 – 2019

University of Young Minds

ACHIEVEMENTS

- Increased youth program enrollment by 40% through innovative marketing.
- Recognized as 'Outstanding Youth Instructor' in 2022.
- Successfully implemented a summer fitness camp for children.

LANGUAGES

English

Spanish

French