



*jamie holmes* ☆

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# Fitness Resume

**Objective:** To help clients reach and maintain their health and fitness goals, and to enjoy the process.

## Experience

- Group Ex Fitness Leader, 10 years
- Dance Instructor (floor barre, jazz, tap, ballet, hip hop, acro, contemporary), 15 years
- Cardio Dance Instructor, Flirty Girl Fitness, 5 years
- Hi/Low, Stretch & Strength, Spin, Circuit Training, Proctor & Gamble/Air Miles, 6 years
- Boot Camp, Fitchicks, 3 years
- Children's Cardio Dance Instructor, Fit2Dance/Travelling Stage, 4 years
- Personal Trainer, Train By Trina/Air Miles Corporate Office/Independent, 10 years
- Designer of "Yogalates with Weights"/Ballet Body Course
- Adjudicator for Dance Competitions across North America, 10 years

## Education

- Graduate, Randolph Academy for the Performing Arts
- Certified Personal Trainer, Canfit Pro
- Certified Group Ex, YMCA
- Meditation/Yoga Workshops, Canfit Pro
- Boot Camp University, Canfit Pro
- Booty Beat Instructor, Canfit Pro
- Indoor Cycling, Reebok/Canfit Pro
- Dance Grooves, Canfit Pro
- Weight Training Beyond the Manual, Canfit Pro
- Intro to Pilates, Tula Yoga
- Standard First Aid and CPR, Lifesaver 101

## Accomplishments

- C0-President of LaRouge Entertainment
- Completed 2 Triathlons
- Completed 5 10km races
- Professional Aerial Artist and Dancer