



MARY MCKINLEY

GROUP FITNESS INSTRUCTOR
MOVEWITHMARYFITNESS.COM

EXPERIENCE

FITNESS INSTRUCTOR • FREELANCE • MARCH 2018 - CURRENT

- Lead Zumba® classes combining core rhythms (Merengue, Salsa, Cumbia, and Reggaeton) with approved dance and choreography.
- Create and lead Strictly Stretch classes engaging the students in isolated and full body stretches.
- Led BollyX® classes combining BollyX® core styles (Bhangra, Folk & Bollywood) with pre-approved choreography.
- Enhance students' overall levels of muscular conditioning, balance, flexibility, and cardiovascular health.
- Design workouts to meet students' needs (older adults versus younger adults).
- Use passion and enthusiasm to infuse a love of fitness among students.
- Current member of ZIN network

OBJECTIVE

AFAA Certified Group Fitness Instructor with a dance background whose specialties include: Zumba, BollyX, Cardio Dance and Stretch who is passionate about making fitness exciting and accessible. Able to develop creative choreography for a unique experience.

CERTIFICATIONS

Certified Group Fitness Instructor
Aerobics and Fitness Association of America (NCCA accredited)

Specializations: Group Resistance Training (Circuit Training), Sunrise Yoga, Stretch

LICENSES

Zumba® Instructor - B1
Zumba Fitness

BollyX® Certified Instructor (lapsed but can restart easily)

EDUCATION

MASTER OF ARTS - MUSIC •
RADFORD UNIVERSITY

BACHELOR OF MUSIC •
EAST CAROLINA UNIVERSITY

SKILLS

Creative and Innovative
Choreographer
Theater & dance background
Safety awareness
Self-motivated