



# MARY MCKINLEY

GROUP FITNESS INSTRUCTOR  
MOVEWITHMARYFITNESS.COM

## EXPERIENCE

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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).
- Current member of ZIN networks
- Use passion and enthusiasm to infuse a love of fitness among students.

## OBJECTIVE

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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

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**Certified Group Fitness Instructor**  
Aerobics and Fitness Association of America (NCCA accredited)  
**Specializations:** Group Resistance Training (Circuit Training), Sunrise Yoga, Stretch

## LICENSES

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**Zumba® Instructor - B1**  
Zumba Fitness

## EDUCATION

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MASTER OF ARTS - MUSIC •  
RADFORD UNIVERSITY

BACHELOR OF MUSIC •  
EAST CAROLINA UNIVERSITY

## SKILLS

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