

Eleanor J. Winslow

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Education

Bachelor in Sociology, Minor in Music Graduated Suma Cum Laude
Central Michigan University 1996

Certifications

Group Exercise Instructor AFAA 1993
Personal Trainer AFAA 1997
Weight Training AFAA 1998
Prenatal Fitness AFAA 2000
Yogafit Level I 2003, Level II 2004, Level III 2009, Anatomy & Alignment 2008
Bosu 2005
Spinning 2009
Red Cross First Aid – Current
Red Cross Adult CPR/AED – Current
CrossFit Level 1 Trainer- 2010

Employment Experience – Fitness

Group Fitness Instructor

2000-2010

-High / Low Impact Aerobics, Step Aerobics, Group Weight Training, Circuit training, Interval Training, Kickboxing, Power Yoga, Kids Yoga Pilates, Prenatal Fitness, Boot Camp, Bosu, Spinning
One On One Athletic Club, Ann Arbor, MI

Personal Training

2002-2010

- Prenatal Fitness programs, weight loss and management, strength training, core training
One On One Athletic Club, Ann Arbor, MI

Group Fitness Instructor

2003-2004

-High / Low Impact Aerobics, Group Weight Training, Yoga, Prenatal Fitness, Prenatal Yoga, Mother and Child Yoga
Mommyfit, Ann Arbor, MI

Personal Training, one on one sessions

1998-1999

-Worked with post Physical Therapy clients on a monitored Exercise program
Rehabilitaion Center, Ann Arbor, MI

Group Exercise Instructor, Corporate Fitness

1998-1999

-High / Low Impact Aerobics
Parke Davis, Ann Arbor, MI

Personal Training, one on one and group sessions

1997-1998

-Weight loss and weight management, strength building, nutrition consulting
Women's Health and Fitness, Orlando, FL

Group Exercise Instructor

1996-1998

-High /Low Impact Aerobics, Step Aerobics, Group Weight training, Interval Training
Women's Health and Fitness, Orlando, FL

Aerobics and Physical Education Instructor

1993-1996

-High/ Low Impact Aerobics, Step Aerobics
Central Michigan University, Mt. Pleasant, MI