

Tanya Cichosz Carter

tcichosz24@gmail.com

734-272-6723

Professional Experience:

Owner/Personal Trainer

TC Training, LLC

Fenton, MI 48430

May 2008 – Present

Responsibilities:

- Developing, marketing and managing fitness business
- Training clients to help them meet their wellness goals
- Educating clients and community in health and wellness

Group Exercise & Programming Director

One on One Athletic Club

Ann Arbor, MI 48104

March 2005 – October 2005

Responsibilities:

- Developing, marketing and operating community access programs
- Recruiting and training quality instructors for programs and classes
- Supervising 20 instructors and organizing classes

Fitness Coordinator

The Fitness Connection – Portage Health System

Houghton, MI 49931

July 2001 – May 2004

Responsibilities:

- Directing day to day operations of the Fitness Center
- Personal training, teaching classes, and educating community about health & fitness
- Supervising and administering daily operations

Group Fitness & Health Instructor

Michigan Technological University – Athletic Department

Houghton, MI 49931

December 1998 – May 2004

Responsibilities:

- Planning and organizing group exercise classes and programs
- Instructing members on health, fitness and overall well being

Education:

Michigan Technological University, Houghton, MI 49931

Bachelors of Science Business Administration – November 1999

University of Michigan, Dearborn, MI

Biological Sciences (September 1994 – May 1995)

Certifications:

- Cross Fit Level 1 Instructor
- AFAA Group Exercise Instructor
- AFAA Personal Trainer
- Johnny G Spinning Instructor
- Red Cross CPR/AED