

Melissa Moore

Miss1moore@yahoo.com

(347) 357-7110

234-27 130th Ave
Rosedale N.Y. 11422

Summary

A Group Fitness Instructor with extended ability to train individuals, groups and corporate clients. I have a Wide knowledge of fitness, nutrition, wellness and life management skills with sound public speaking and time management. Strong ability to conduct injury rehabilitation programs with immense ability to instruct participants with varying skill levels. I enjoy inspiring others to commit to long-term health and fitness goals.

Highlights

- CPR certified.
- Dance choreographer
- Cardio dance.
- Body Sculpting.
- Ultimate conditioning
- Yoga/ Pilates Fusion
- Floore Barre Technique
- Healthy eating and lifestyle advise

Experience

Group Fitness Instructor Forward _ Space

June 2017 – Present | Soho N.Y

- Teach Forward
- Teach Forward Fire
- Teach Forward ++

Group Fitness Instructor Vigorous Fitness

June 2017 – Present | Middle Village N.Y

- Teach Cycle Strength
- Teach Core and More
- Teach Yoga/Pilates.

Group Fitness Instructor LA Fitness

June 2017 – Present | Howard Beach N.Y

- Teach body works and Abs
- Teach Cycle
- Teach yoga (sub).
- Teach Aqua aerobics (sub)
- Teach Zumba / Latin Heat

Group Fitness Instructor Cross Island Fitness Center

June 2017 – November 2017 | Rosedale N.Y.

- Teach Core and More
- Teach Dance Fusion
- Teach Cardio Kick Boxing

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Group Fitness Instructor ANDERSON MUNGER YMCA

April 2015 – Present | Los Angeles C.A.

- Teach Yoga/Pilates
- Teach Dance Fusion
- Teach Cardio Kick Boxing (Sub)
- Zumba (Sub)
- Latin Groove (Sub)
- High Intensity Interval Training HIIT (Sub)
- Strength Training

Group Fitness Instructor TOLUCA LAKE TENNIS & FITNESS CLUB

September 2015 – Present | Toluca Lake C.A.

- Teach Latin Cardio (Sub)
- Teach Power Sculpt & Cardio Boost (Sub)

Website: miss1moore.weebly.com

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Group Fitness Instructor STRIVE : BCBG CORP.

August 2015 – Present | Huntington C.A.

- Operate Bootcamp with a focus on Circuit Training (large group ranging from 30-50 patrons)

Dance / Fitness Instructor DNA FITNESS

April 2015 – November 2016 | Santa Monica C.A.

- Teach Cardio Dance, Yoga Fusion and Zumba
- Design classes to match the skill and learning levels of all participants
- Taught scheduled classes, beginning and ending on time; provided adequate warm-up, exercises, stretching, and cool down.

Dance Instructor 14th Street Y

March 2013- February 2015 | New York N.Y

- Instructed African, Afro-House and Zumba classes

Group Fitness Instructor Crunch Gym

January 2012 - January 2015 | New York N.Y

- Instructed a wide range of classes: 2Fly (90's hip hop), House Grooves, Latin Grooves, Tia Boxing, Thread n' Shed, Buso Bootcamp, TRX, Diesel ,Chisel Hip Hop, Ass & Abs, BLT(Butt Legs and Thigh workout) Ultimate Conditioning, Yoga Fusion, Cardio Dance, Absolution, Upper Cut, Athletes Workout.
- Instructed patrons on effective workout methods; explained proper techniques, demonstrated exercises; identified different muscle groups, and explained appropriate methods to strengthen specific muscles
- Prepared equipment, and music for each class
- Conducted motivating group fitness cardiovascular, conditioning classes based on current standards.
- Participated in Promotional and a Fitness Ads. (Print)

Professional Dance Training

Hip Hop: Lajon Danzler, Brian Green
Improvisation: Michelle Mola
African: Ron Brown, Djoniba
House: Sekou, Marjorie Latian
Contemporary/ Lyrical: Kristin Sudeikis

Vogue: Bennie Ninja, Archie
Waacking: Princess Lockeroo
Popping and Locking: Tweetie, Jazzy J
Jazz: Cecilia Marta
Musical Theater: Mary Lamb, Mary McCloud.

Dancehall/Reggae
Modern: Milton Myers
Breaking: Ashire
Technique: Anabella Lenzu
Ballet: Warren

Teacher/ Assistant Experience – N.Y.

Alvin Ailey NDCL Assistant choreographer Liberation Dance Theater/ Jacinta Vlach
Peridance Center Teacher Floore Barre Substitute

Education

York College: Bachelor of Science in Marketing

Certifications

CPR, First Aid, and AED
Peridance School: Professional Certificate Program

Special Skills

General Sports: Jogging, Running, Basketball, Jump Rope (Double Dutch), Bicycling **Swimming:** Freestyle, Back stroke, Breast Stroke, Dolphin. **Miscellaneous Skills:** Yoga, Pilates, Martial Art

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