



# Jolina Javier

## Personal Trainer/ Dance Teacher

Ability to lead both group and one to one sessions that are fun, effective and safe. Helps others find more strength, balance, confidence and joy in movement by connecting their mind to their muscle.

### Certifications

- Certified Personal Training (NASM)
- CPR/AED Certified
- Group Fitness Instruction

### Professional Performance Experience

- Broadway Dancer & Actress
  - Phantom of the Opera
  - Radio City Christmas Spectacular
  - New York City Center
  - Metropolitan Opera

### Contact

914.260.0444

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High Falls, NY 12440

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### Work Experience

#### AMP Virtual Studio - Group Virtual Fitness Trainer 2020 to current

- Lead virtual group sculpt resistance class
- Fun and creative playlists to keep clients interests piqued and engaged.
- Became a Zoom fitness expert in engaging clients virtually while simultaneously leading class, using video, sound music and giving constructive feedback.

#### Personal Trainer 2020 to current

- Provide personalized, functional fitness regimes to help reach client's health and fitness goals
- Comprehensive understanding of human anatomy
- Creative & innovative individualized and group programming.
- Program Design: Sculpt, Resistance, Strength, Cardio/Hiit

### Work Experience (con't)

#### Chaise Fitness Group Fitness Instructor 2015 to 2020

- Led group fitness class that utilized reimagined pilates wunda chair and ceiling bungees.
- Was popular with clients and requested often.
- Fully self-sufficient in set-up and break-down of equipment
- Customer service oriented

#### Dance/Master Class Teacher 2010 to current

- BROADWAY CLASS ROOM
- GRUV DANCE ACADEMY
- KING CENTER FOR DANCE
- Styles: Ballet, Jazz, Musical Theatre, Modern, Contemporary
- Led classes from ages 8 to 18yrs old.
- Private dance lessons

### Education

#### Purchase College Bachelor of Arts in Dance

- Attended from August 2003 to May 2007
- Graduated Cum Laude
- Ballet Achievement Award