

OBJECTIVE

To inspire, motivate, educate and improve the health and esteem of all those in need of physical fitness

EXPERIENCE

Personal Trainer & Fitness Instructor
August 2003 to Present

Castle Hill Specialized Fitness
Austin, TX

- Assess, evaluate and monitor specific populations including clients with knee and lower back problems, eating disorders, medical conditions and fitness contestants
- Fitness classes include: Power Yoga, Hip-Hop, Power-Sculpting, and Water Aerobics

Personal Fitness Trainer
July 2001 to July 2003

24 Hour Fitness
Austin, TX

- Responsible for helping clients define and achieve fitness goals through development of individualized weight training, cardiovascular conditioning or sport specific training
- Specialty areas include: competitive sports, aerobics, women's fitness, dancing, stretching and structural integrity
- Conducted various nutrition and personal health seminars for all members
- Obtained new sales for personal training and nutritional supplements
- Maintaining and superseding monthly quotas in excess of \$13,000

Adult Care Technician
1999 to 2000

United Cerebral Palsy
Scranton, PA

- Assisted OT through ROM activities both designed and implemented for severely traumatized, wheel chair confined victims of this disease
- Daily duties included: attending, feeding, toilet training, listening and coaching

Fitness Instructor
1998 to 1999

Barton Creek Country Club
Austin, TX

- Responsible for fitness instruction and studio classes including: low/high impact, cardio, funk, step, athletic training, muscle conditioning and stretch/relaxation

Personal Trainer & Fitness Instructor
1992 to 1997

Muscles-in-Motion
Absolutely Fit (Austin, TX)
Hank's Gym (Houston, TX)

- Independent contractor engaged in personal house calls, specializing in high profile clientele
- Helped clients define and achieve fitness goals, specializing in the following areas: competitive sports, aerobics, women's fitness, dancing, stretching and structural integrity
- Conducted personal health seminars for all clients

Aerobics Director
1994 to 1996

World's Gym (Windsor Plaza)
Houston, TX

- Trained, Managed and coordinated all aerobics instructors, classes, schedules, meetings, promotional events and record keeping

Aerobics Instructor
1993 to 1994

Body Rock (River Oaks)
Houston, TX

- Graduated from this highly acclaimed boot camp/private fitness club in which I received my primary teaching skills in cueing, form, technique and style for all types of aerobic classes I taught during this period

Crystal Calderoni
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CERTIFICATIONS

- NASM Certified Personal Trainer
- ACE Certified Personal Trainer
- IDEA Certified Personal Trainer
- AFAA Certified Aerobics Instructor
- FITCO Personal Trainer Certification - The Houstonian Institute
- CPR & First Aid Red Cross certified CPR course

EDUCATION

- Bachelor of Arts in Journalism; University of Texas at Austin (May 1990)

OTHER CREDITS

- "Change a Life" Award, ranked #20 in top 50 Nationwide Trainers by 24 Hour fitness
- "No Pain No Gain" SAG film lead role: professional kickboxing instructor as Nicky Pauletto
- "Varsity Blues" Paramount Pictures Choreographer
- "Planet Funk" Professional hip-hop dancer on this squad, commitments including: live performances, TV appearances, MTV videos and private engagements
- "Miss Texas USA Fitness pageant" Finalist
- "Abs-Obsession" TV Show, Los Angeles, CA, fitness model
- "Nike Fashion Show" Los Angeles, CA, fitness model
- "Ritmo Latina" TV Show, Acapulco, Mexico, finalist in fitness pageant
- "Survival of the Fittest Bench Contest" Texas Lady Spa & Crescent Moon Foundation; Second Place
- Seagram's 1993 "Questor" Aerobic demonstrations throughout State of Texas as well as promotional work