**KATHERINE ILLESCAS**

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**EXPERIENCE**

**Group Fitness Instructor Jan. 2017 to Present**

***LIVunLtd - New York, NY***

Teach multilevel Bootcamp, Yoga, and Pilates classes at luxury residential sites. In addition, recently conducted an introduction to meditation workshop for the staff of a luxury hotel.

**Yoga and Reiki Instructor July 2014 to Present**

**Community Healthcare Network: Catherine Abate Wellness Program/Health Center, New York, NY**

Lead Yoga and Reiki classes, which include relaxation, visualization, affirmations, and EFT (Emotional Freedom Technique, also known as meridian tapping). Also conducted yoga demo classes at local senior center.

**Group Exercise Instructor May 2013 to Present**

**The Athletic and Swim Club, New York, NY**

Lead Abs, Dance, Yoga, and Restorative Stretch classes. Prior formats: Muscle Ripper, and Cardiokickbox.

**Group Fitness Instructor Jan. 2012 to Jan. 2017**

***YMCA of Greater New York - Dodge YMCA, Brooklyn, NY***

Taught Total Body Conditioning, Cardiokickbox, Master Fitness, and Belly Dance. Appeared in commercial as instructor for the Fall 2016 membership campaign. Taught Intro to Yoga as Tension in the Workplace for Verizon. Led Belly Dance at Brooklyn Bridge Park’s Workout in the Park summer series.

**Group Exercise Instructor Jan. 2012 to Dec. 2015**

***Private Corporate Fitness Center: Ogilvy (Premise Health), New York, NY***

Over the years led Vinyasa Yoga, Cardiokickbox, CardioSculpt, HIIT, Core, Pilates, and World Dance.

**Group Exercise Specialty Instructor June 2011 to April 2015**

***YMCA of Greater New York - Chinatown YMCA, New York, NY***

Taught safe, effective, and fun Belly Dance, Cardio Interval, Core and Stretch, Total Body, and Yoga classes.

**Group Fitness Instructor Oct. 2010 to Aug. 2013**

***Private Residential Health Club: The Gotham Condominium, New York, NY***

Led weekly open level Body Sculpt and Yoga classes.

**Group Fitness Instructor Jan. 2011 to March 2013**

***YMCA of Greater New York - Ridgewood YMCA, Queens, NY***

Taught Belly Dance, Cardiosculpt, Zumba, Pilates, and Core. Substitute for Bootcamp, Yoga, Dance for Kids. Taught Zumba for Seniors at senior center, instructed at a zumbathon, and helped raised funds by raffle sales.

**Group Fitness Instructor Sept. 2011 to May 2012**

***NYU - Palladium Athletic Center, New York, NY***

Led Cardio kickboxing and Ab Lab classes twice a week for a school year.

**Dance and Fitness Instructor Apr. 2011 to Aug. 2011**

***Riverbank State Park, New York, NY***

Led weekly Belly dance and Zumba classes.

**Zumba Instructor Jan. 2011 to Apr. 2011 *CUNY in the Heights – Hostos Community College, New York, NY***

As part of their Personal Enrichment program, led a weekly Zumba class for the Spring Semester.

**FITNESS CREDENTIALS**

* AFAA Certified Group Fitness Instructor - 200hr Experienced Registered Yoga Teacher
* Tabata Bootcamp Trainer Certified - CPR/AED Certified - AFAA trained to teach Pilates

**ADDITIONAL CREDENTIALS & SKILLS**

* MBA - Baruch, CUNY, 2003 - BS - Stern, NYU, 1998 - Reiki Master-Teacher
* All-Faith Minister - Registered NYC Marriage Officiant - Fluent in Spanish (Professional Linguist)
* Performance Experience: Middle Eastern and fusion dance in theaters, festivals, parades, and private events. Intro to Belly Dance Presenter at NYPL branches since 2013.