**KATHERINE ILLESCAS**

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**EXPERIENCE**

**Group Exercise Instructor Mar 2019 to Present *The Yale Club of New York,* *New York, NY***

Lead safe, effective, and fun weekly HIIT Bootcamp, and Chisel classes.

**Group Exercise Instructor & Wellness Coach May 2018 to Present *Refresh Body,* *New York, NY***

Lead Bootcamp, Core, and Yoga classes at corporate locations. Perform Wellness Coaching at corporate events.

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

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

- Teach multilevel Bootcamp, Total Body, Yoga, and Pilates classes at luxury residential sites.

- Conducted an Intro to Meditation workshop for the staff of a luxury hotel, and a series at a residential site.

**Group Exercise Instructor May 2013 to Aug. 2018**

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

Led Body Weight Fusion, Abs, Dance, Yoga, Restorative Stretch, Total Body, and Cardiokickboxing classes.

**Yoga and Reiki Instructor July 2014 to July 2018**

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

- As part of their Wellness Program for patients, led Yoga and Reiki classes, which included relaxation, visualization, affirmations, and EFT (Emotional Freedom Technique, also known as Meridian Tapping).

- Also conducted Yoga demo classes at a local senior center.

**Group Fitness Instructor Jan. 2011 to Jan. 2017**

***YMCA of Greater New York – Multiple Locations, NY***

- Taught Total Body Conditioning, Cardiokickbox, Core, Stretch, Pilates, Yoga, Zumba, and Belly Dance.

- Taught an eight week Intro to Yoga series for managing Tension in the Workplace for Verizon.

- Appeared in TV commercial as Instructor for the Fall 2016 membership campaign.

- Led Belly Dance at Brooklyn Bridge Park’s Workout in the Park summer series.

- Taught Zumba for Seniors at a senior center, instructed at a Zumbathon, and helped raise funds by raffle sales.

**Group Exercise Instructor Jan. 2012 to Dec. 2015 *Ogilvy Corporate Fitness Center (Premise Health), New York, NY***

Led Vinyasa Yoga, Cardiokickbox, CardioSculpt, HIIT, Core, Pilates, and World Dance classes.

**Group Fitness Instructor Oct. 2010 to Aug. 2013 *The Gotham Condominium, New York, NY***

Led weekly open level Body Sculpt and Yoga classes for residents.

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

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

Led Cardiokickboxing 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.

**FITNESS CREDENTIALS**

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

**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.
* Nine years experience as a Financial Analyst for non-profit organizations.