

Maureen, M J, Lortie

6 Wood Street
Maitland, ON, Canada

Summary of Qualifications

- Certified circus instructor, performer, flying trapeze flyer/catcher and manager (flying trapeze and aerial skills)
- Canadian Fitness Professional personal training certification (certified in nutrition and hydration for athletes, shoulder rehabilitation, disordered eating and eating disorders, and myofascial release)
- CPR certified
- Twelve years of dance experience (pre-professional and professional)
- Ten years experience in the fitness industry (classes, personal training, and nutrition)

Work History

Island Lake Arts & Sports Camp

Summer 2015 and Present

Circus Manager

- Rigged 2 flying trapeze and over 15 different aerial apparatuses
- Trained 12 staff members to properly and safely instruct on a variety of apparatuses
- Choreographed and produced 3-4 summer shows
- Scheduled and managed all campers and instructors in the circus

U Coral Beach Club Eilat, Israel

April 2016- April 2017

Circus Performer and Instructor

- Circus- perform 3-4 shows each week (including single, double, triple, and swinging trapeze, Spanish web, silks, and aerial hoop)
- Circus- Teaching guests at the flying trapeze and training other team members to perform in original production of Makato Circus Show
- Fitness- taught yoga for guests when the fitness instructor was unable to

Four Season Dance Academy

September 2014- May 2015

Dance teacher/ Competitive Coach/ Fitness Instructor

- Taught ballet, tap, jazz, pointe, modern, and acro to ages 3-17
- Competitive team coach- ran rehearsals and technique classes
- Choreographed and rehearsed dances for spring showcase
- Organized and taught fitness classes weekly

Club Med

January 2012 - August 2014

Fitness GO (2012) & Circus GO (Turks and Caicos, Mexico, and Brazil)

- Fitness- taught 5 classes 6 days a week
- Circus- perform 2 shows each week (1 flying trapeze & 1 static trapeze including single, double, triple, and swinging trapeze, Spanish web, silks, and aerial hoop)
- Circus- In charge of the circus team organization including staff scheduling, giving weekly awards to guests, and preparation for shows
- Circus- daily duty of teaching children and adults to fly on the trapeze, juggle, and perform aerial trapeze in a safe and enjoyable manor

Movati Athletic

January 2011- 2012

Personal Trainer

- Built up a large and profitable clientele
- Coached clients in safe physical activity (high success in weight loss) as well as focusing on the importance of nutrition
- Organized extra activities and challenges for my clients to do together (5K runs, cooking classes, healthy grocery shopping)

Steiner Transocean Fitness Director, Royal Caribbean, Explorer of the Seas

October 2010- 2011

Fitness director, instructor, and personal trainer

- Taught spinning, Yoga, Pilates, aerobics, and boot camp on the ship
- Trained in London, England at Steiner Academy with Wayne Zimmer and Stella Nash
- Conducted fitness and health seminars as well as fitness testing

Sunset Jamaica Grande

Ocho Rios, Jamaica

May 15- 22, 2010

Guest aerobics instructor

- Prepared class choreography, music, and comment cards
- Taught cardio, aqua-fit, and stretch classes to guests
- Ensured that the guests had an enjoyable, safe, and effective workout

T-Zone Vibrations

Ottawa, Ontario

September 15th, 2009 to November 2010

Manager, fitness consultant, and aerobics and stretch instructor

- Managed staff, including looking after scheduling and store reports
- Provided music and choreography for classes as well as taking members through safe, fun, and effective classes

Christine's Fitness

Toronto, Ontario
October 2008 to July 2009

Aerobics Instructor and Personal Trainer

- Provides music and aerobics choreography for classes
- Lead clients through structured and personalized workout programs

Premier Fitness

Brockville, Ontario
May 2008 to September 2008

Membership Co-ordinator and Aerobics Instructor

- Made calls and booked appointments in order to tour potential members
- Designed and taught aerobics class to members

Goodlife Fitness

Brockville, Ontario
December 2006 to May 2008

Front Desk and Dance Aerobics Instructor

- Les Mills certified Body Jam Instructor
- Learn new choreography every three months, including musical cues, motivational cues, and proper technique for each hour-long class
- Awarded Goodlife Fitness' Instructor of the Month for July 2007

Broadway Dance Academy

Brockville, Ontario
2003 through 2006

Dance Teacher

- Ran and organized dance classes, choreographed dance numbers
- Taught summer classes, supervised snacks and lunches, and assisted in performances

Education

Canterbury Performing Arts High School Graduate 2006

- Graduated with a high school diploma and dance certificate

George Brown College Graduate 2009

- 2-year Dance Performance Studies Program Diploma

CanFitPro Personal Training Certification

References

Katie Wilson of Four Season Dance Academy 613-349-2210

Ryan Rivers of Club Med Resorts- 305-394-7229

Christine Steiger of Christine's Fitness- 416-969-9912