

Jodi Adamo

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Pilates Instructor

Anaheim Hills, Ca

SUMMARY

I am a former business owner of 12 years with an extensive background in customer service, management, professional dance and the fitness industry. Some of the following positions are of interest to me: Event Coordinator, Adjudicator, Management, or Supervisor in the field of entertainment, sports, fitness, or the creative arts. The important attributes I bring to these positions are my attention to detail, organization, quick problem solving skills, creative ideas, multi-tasker, and the ability to communicate effectively with all types of people. In addition to these qualities, I work well under pressure and keep my sense of humor.

WORK EXPERIENCE

Personal Trainer and Pilates Instructor

Private Fitness OC, Anaheim Hills, Ca

Mar 2016 - Current

- * Plan work outs, observe client technique and exertion levels, and monitor progress.
- * Work with clients 1 on 1, duets, and groups up to 7 in Pilates and up to 15 in Fitness classes.

Owner and Instructor

The Pilates Body of OC, Anaheim, Ca

Feb 2004 - Feb 2016

- * Monthly class scheduling, payroll, advertising, studio maintenance, client accounts, hire and train instructors.
- * Developed a Pilates Instructor training course with 12 students completing the course.
- * Maintained a staff of 10 instructors through mentoring, feedback and support.
- * Teach privates and group class sizes up to 20 students for Pilates Reformer and various fitness classes.

Choreographer

Lakewood High School, Lakewood, Ca

Sep 2004 - Dec 2014

- * Guest choreographer and music editing for the dance team.

Director of the A-List Girls

Anaheim Arsenal Development League, Anaheim, Ca

Apr 2004 - Apr 2006

- * Promote and organize auditions and public appearances.
- * Choreograph, edit music, and design uniforms.
- * Schedule and supervise rehearsals, game entertainment, and public appearances.

Dance Team Director

Canyon High School, Anaheim, Ca

Jun 2000 - Jun 2005

- * Choreograph routines, design costumes, and edit music for competitions and the annual showcase.
- * Organize and supervise rehearsals, competitions, annual showcase, and pep rally.
- * Event coordinator for the annual dance competition "Pageantry in the Canyon" of more than 800 attendees.

Judge

California Association of Dance/Drill Team Directors (CADTD)

Jun 1998 - Jul 2005

- * Judge High School and Jr. High dance team competitions with a strong proficiency in Jazz, Lyrical, Contemporary, and Hip Hop.
- * Joined as a director during employment with Canyon High School.

Judge and Instructor

United Spirit Association, Cypress, Ca

Jun 1993 - Jun 1998

- * Judge regional and national high school dance team competitions in California.
- * Member of Jazz and College staff.
- * Choreograph and teach routines at summer camps in California, Utah, and Texas.

LA Lakers Girl

LA Lakers, Los Angeles, Ca

Jul 1996 - Jul 1998

- * Dancer on the court for NBA home games and ambassador at charity events and promotions.
- * Entertainment for the US Military in Japan, Korea, France, and Germany.

LA Clippers Spirit

LA Clippers, Los Angeles, Ca

Jul 1993 - Jul 1994

- * Dancer on the court for NBA home games and ambassador for charity events and promotions.

Dance Instructor

Orange County Performing Arts Academy (OCPAA), Anaheim, Ca

Aug 1990 - Jan 2004

- * Teach classes in Jazz, Tap, Ballet, Hip Hop, and Contemporary to ages 5 to 18 years old.
- * Choreograph, design costumes and edit music for competition teams.

EDUCATION, LICENSE AND CERTIFICATIONS

Personal Trainer

National Exercise & Sports Trainers Association (NESTA), California

2015 - 2015

Certificate

Comprehensive Pilates Teacher Training

Body Arts and Science International (BASI), Costa Mesa, Ca

2011 - 2011

Certificate

Group Exercise

Aerobics and Fitness Association of America (AFAA), Anaheim, Ca

2011 - 2011

Certificate

Comprehensive Pilates Teacher Training

Studio Du Corps (Ron Fletcher Method), Costa Mesa, Ca

2001 - 2003

Certificate

Liberal Arts Associate Degree

Fullerton Community College, Fullerton, Ca

1987 - 1990

ADDITIONAL INFORMATION

* Other dance studios of employment were Hart Academy of Dance (La Habra), Academy of Ballet and Dance Arts (Yorba Linda), Newport Dance Center (Newport Beach), and Higher Ground (Anaheim).

* Additional training in Zumba, Zumba Gold, Zumba Toning, Burn at the Barre, Booty Barre, Hip Hop Hustle, La Blast Fitness, and Jillian Michael's BodyShred.