

# MAYBELL KOCHE

58670 Reichert Viaduct, New York,  
NY

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## EXPERIENCE

### CORWIN-ERNSER Los Angeles, CA

Health Fitness Professional. 08/2019 – present

- Bachelor's Degree in Exercise Physiology, Kinesiology, Athletic Training, or Exercise Science or other related field
- Experience in corporate based health and fitness program
- Associate/Bachelor Degree in Exercise Science, Health Promotion, Kinesiology or related discipline ORHealthFitness recognized industry certifications in Group Exercise (ACE, ACSM, AFAA, or NETA) and/or Personal Training (ACE, AFAA, NSCA, NASM, or ACSM) and 2+ years related industry experience
- First Aid certifications from American Heart Association, American Red Cross or American Safety & Health Institute

### BORER-WISOKY Los Angeles, CA

Health Fitness Professional. 06/2015 – 02/2019

- Personal Training certification from ACE, AFAA, ACSM, NSCA or NASM - will be required to obtain within 3 months of hire
- Industry recognized Group Exercise certification and experience instructing group exercise classes
- CPR/AED and First Aid certifications from American Heart Association, American Red Cross or American Safety & Health Institute required within 90 days of hire
- Personal Training certification from ACE, AFAA, ACSM, NSCA or NASM will be required within 90 days of hire
- One or more years of related industry experience

## EDUCATION

### SAVANNAH COLLEGE OF ART AND DESIGN Bachelor's in Exercise Science

## SKILLS

- Group exercise instructor certification(s) and experience instructing a variety of group exercise formats
- Bachelor's degree in Kinesiology, Exercise Science, or a related field
- Current CPR/AED and First Aid certifications from American Heart Association, American Red Cross or American Safety & Health Institute required within your first 30 days in this role
- Personal Training certification from ACE, AFAA, ACSM, NSCA or NASM will be required within your first 30 days in this role
- Industry recognized Group Exercise certification from ACE, AFAA, ACSM or NETA (will be required within 6 months of hire)