

Sharon Kaminski

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Summary of Qualifications:

- Personal Trainer, Group Fitness, Mat Pilates and Piloxing Barre Certifications
- CPR certification and Liability Insurance
- Instructing proper breathing techniques and proper use of equipment such as stretch bands, balls and weights.
- Teaching beginners with patience as well as challenging the advanced with intricate exercises.
- Energetic personality and motivator.

Professional Experience:

Pilates/Group Fitness Instructor (January 2004-Present): Mega Fitness- Myrtle Beach, SC

- Instructed a variety of Pilates classes and cardio dance classes.

Pilates/Group Fitness Instructor (April 2012- Present): Kingston Plantation, Spa and Health Club- Myrtle Beach, SC

- Instructed Pilates, Yoga, aerobic, muscle toning, endurance and strength classes.

Pilates/Group Fitness Instructor (August 2010-Present): Claire Chapin Epps Family YMCA- Myrtle Beach, SC

- Instructed Pilates, Yoga/Pilates, Pilates/Barre and Cardio Booty Blast classes.

Flow Motion/Group Fitness Instructor (June 2011-April 2013): Beach Fit at North Beach Plantation- North Myrtle Beach, SC

- Instructed Flow Motion class consisting of a blend of Pilates, Yoga and Barre.

Barre/Pilates/Group Fitness Instructor (March 2015-July 2015): The Barre Worx- Myrtle Beach, SC

- Instructed Barre/Pilates and Piloxing Barre classes.

Other Professional Experience:

- Performer/dancer at The Alabama Theater in Myrtle Beach, SC from 2001 to 2014.
- Opryland Productions (1992-2014): Various shows at Opryland Theme Park, Fiesta Texas, The General Jackson Showboat, & A Colorado Christmas at the Broadmoor.
- Performed on Celebrity Cruises.

Education:

- AFFA and IFTA certified

-Bachelor of Arts in Dance from Point Park University (1995)

