**Salli Squitieri**

Home: 850-570-9465 - sallisqutieri@yahoo.com

**Summary**

I have been involved in a variety of Health & Fitness Positions and studied and explored a variety of related fields.  
My curiosity and interest in bettering my own health and my efforts to live a natural life always bring me on a  
course of incorporating herbs, nutrition and exercise into my assorted ventures. I offer excellent customer service,  
have great organizational talent and enjoy learning new skills.

**Skills**

Creative instruction CRM Programs/Email servers  
Organized and detailed Social Media Networking  
Personable and approachable· Proficient PC User  
Excellent Customer Service MS Word  
Nutrition · Basic Powerpoint  
Herbology · Wix.com user  
Membership Services Retail Interior Design   
Facebook Page Admin Proficient in Kitchen Cooking for Specialized  
Basic Web Development Diets (Gluten Free, Diabetic, Vegetarian, Ethnic)

**Experience**

**Staff Member**

* **Monticello Fitness Center-** Monticello FL

Customer Service, Promotions, Promotions, Janitorial, Special Events, & Tanning Rep

Upkeep of entire facility

**Exercise Instructor, Administrative Staff**  
**o Nautilus Fitness Center** － Princeton, NJ  
Responsibilities included but not limited to Promotion & advertising, interior décor, teaching exercise programs,  
stretch training and one on one programs for body-builders, successfully led key projects such as design of spa  
room and establishment of onsite day care program. Managed membership relations, planned and executed day  
to day operations of center etc.

**Exercise Instructor**  
**Smart Moves** － Princeton, NJ  
Cultivated positive relationships with participants by interacting with them during group fitness classes. Explained  
exercise modifications and contraindicated movements to participants with a history of injury. Taught a variety of  
group exercise classes, including Agility and body center awareness. Developed safe and effective exercise  
programs for all members. Helped with promotions, advertising and membership customer service.

**Promotion & Administrative Staff**  
**Star Fitness** － Princeton, NJ  
Responsibilities included Promotions, Advertisement, Expansion of facility and increased membership. Cultivated  
and managed relationships with key clients, vendors and community partners

**Exercise/Dance Instructor**  
**Princeton Arts Council** － Princeton, NJ  
Developed & taught my own exercise, fitness and dance movement programs for adults and children, worked with  
runners and dancers in special programs. Handled client development and program promotion.

**Instructor**  
**YMCA/YWCA** － Princeton, NJ  
Planned, evaluated, revised & taught course content and course materials for both children's & adult classes in  
Dance & Movement.

**Additional Experiences**  
Distributor for health magazine, · Special dietary plans and basic nutrition, · Sales & Education of alternative natural sweeteners such as Honey, Pure Maple Syrup & Sorghum

**Education and Training**

Princeton High School (Accelerated Graduation)  
Mercer County Community College—Art & Psychology  
Free University of British Columbia  
Dance with Z'eva Cohen At Princeton University  
Santa Cruz Platonic Herbal Academy  
Conservatory Studies with Princeton School of Ballet, Aparri School of Dance and Synergy Dance Center

**Activities and Honors**

**Professional Accomplishments**  
· Worked in conjunction with the Mayor of Princeton, NJ to develop and implement the inaugural Earth Day  
Events for the town & campus  
· Led Development, Outreach and Programming for International Cultural Center, acting as liaison with the  
Government Ministries (including executive branch) of St. Vincent, West Indies and US based International  
Corporations  
· Awarded Land Grant for International Cultural Exchange Program from Prime Minister of St. Vincent, West  
Indies  
· Award of Recognition from the Paul Butterfield Fund and Society  
· Letter of Business Appreciation from the Wakulla County Sheriff's Department  
· People's Choice, Business Excellence and Chamber of Commerce Award for establishment of the music and art   
 venue and café-The Frog and The Hummingbird Co. & Butterfield's Roadhouse  
· Blues Hall Of Fame Ambassador  
· Endorsed by Counsel General of SVG Permanent Mission

Served as a Board member for the following organizations: ·

Mechanic St. Merchant Association. New Hope, PA (Secretary, Development & Special Events) ·  
Paul Butterfield Fund & Society (Executive Director/Vice-President) ·

Rising Sun Performance Company (Advisory Member) ·

Boys & Girls Club of Key West, Key West, FL (Secretary, Development & Special Events)  
   
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(Secretary, Development & Special Events)  
\*Paul Butterfield Fund & Society NY?FL  
(Executive Director/Vice-President)  
 \*Rising Sun Performance Company NY  
(Advisory Member/Special Events)  
\*Boys & Girls Club of Key West, Key West, FL  
(Secretary, Development & Special Events)