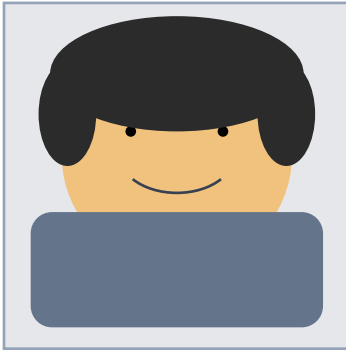


# Ava Anderson

Dance Fitness & Zumba Instructor • Nazareth, Israel • 6+ years



**Email:** ava.a@example.com

**Phone:** +972-54-123-9876

**Languages:** English, Arabic

Ava is a dance fitness & zumba instructor with 6+ years experience. Primary expertise includes Zumba, Rhythm & Coordination, Low-Impact Cardio. Training philosophy emphasizes safety, progressive overload, and habit-building to deliver measurable results. Comfortable coaching individuals and groups, with programs adapted for beginners through advanced clients.

## Core Expertise

- Zumba
- Rhythm & Coordination
- Low-Impact Cardio

## Certifications

- Zumba B1
- AFAA

## Education

- Dance Pedagogy Certificate

## Professional Experience

**Lead Instructor** — BeatFit (2021–2025)

- Designed personalized programs, tracked progress, and ensured safe technique.

**Instructor** — City Center (2019–2021)

- Designed personalized programs, tracked progress, and ensured safe technique.

## Selected Achievements

- Average class NPS: 9.4/10
- Grew class attendance by 60%

## Training Approach

Assessment-first approach using movement screens and strength benchmarks. Programs are periodized in 4–12 week blocks with weekly adjustments. Emphasis on technique, recovery, and habit formation. Uses basic analytics (RPE, HR, volume, and adherence) to guide progression.

## **Availability**

Weekdays: 07:00–21:00 • Weekends: 09:00–15:00 • Online & in-person sessions