

# Jena Pantano

Lexington, Massachusetts, United States

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617-872-1749

## Experience

### Crossfit Coach

Turbo CrossFit

Jan 2023 - Present (1 year)

Mountain Strength CrossFit is now Turbo CrossFit



### Cake Decorator

Wilson Farm, Inc.

Mar 2023 - Oct 2023 (8 months)



### CrossFit Kids & Teens Coach

Mountain Strength Fitness

Jan 2020 - Jan 2023 (3 years 1 month)

Mountain Strength has a new owner and is now called Turbo CrossFit



### Coach

Mountain Strength Fitness

Jul 2019 - Jan 2023 (3 years 7 months)

### Pastry Chef

Jonquils Café & Bakery

Aug 2022 - Nov 2022 (4 months)



### Teaching Assistant for Teens Summer Pastry Programs

Cambridge School of Culinary Arts

Jun 2022 - Aug 2022 (3 months)

### FOH & BOH

Colarusso's bakery

Sep 2021 - May 2022 (9 months)

### Babysitter

Self Employed

Sep 2020 - Jan 2022 (1 year 5 months)



### Strength & Conditioning Intern

## Athletic Evolution

Jun 2019 - Aug 2019 (3 months)



### **CrossFit Coach Intern**

Mountain Strength Fitness

Dec 2018 - Jun 2019 (7 months)



### **Server @ The Waterfield Kitchen**

Serenitee Restaurant Group

Aug 2015 - Jan 2018 (2 years 6 months)



### **Employee**

Bonefish Grill

Feb 2015 - Jul 2015 (6 months)

## Education



### **General Assembly**

Software Engineering

Dec 2023 - Mar 2024



### **Cambridge School of Culinary Arts**

Professional Pastry Program , Baking and Pastry Arts/Baker/Pastry Chef

Jan 2022 - Jan 2023



### **Boston University**

Bachelor of Science - BS, Health Services/Allied Health/Health Sciences, General  
2017 - 2020

### **Winchester High School**

2011 - 2014

## Licenses & Certifications

### **Tips Certification - TIPS® (Training for Intervention ProcedureS)**

Issued Nov 2015 - Expires Nov 2018

4126030



### **CrossFit L1 Trainer - CrossFit, LLC**



### **Adult and Pediatric CPR/AED - American Red Cross**

Issued Feb 2020 - Expires Feb 2022

0061S78



**CrossFit Kids Trainer** - CrossFit, LLC

**ServSafe Manager**

677267



**CrossFit Gymnastics** - CrossFit, LLC

Issued Feb 2023 - Expires Feb 2028

1161165

## **Skills**

Customer Service • Time Management • Software Development • Problem Solving • Analytical Skills • Coaching • Teamwork • Emotional Intelligence • CrossFit • Nutrition

## **Honors & Awards**

**Pastry Art Award**

Jan 2023

"To the student who exhibits a creative approach in pastry through detail, use, and preparation of ingredients and for putting forth bold and out-of-the-box presentations of her creations."

**Valedictorian**

Jan 2023