

TINA ARANA ANDERSON
FITNESS RESUME

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CAREER HIGHLIGHTS:

ACE: Editing and voiceover for ACE's personal training education department (2017); scriptwriting and on-camera training for ACE Group Fitness Instructor education, 1/16; teleprompter, on-camera and editing for ACE Pro Instructional Video for new certification program (4-day shoot), 5/12; script editor for ACE's IFT online training, 9/14.

Master Trainer/Writer/CEC contributor: former Precision Cycling Master Trainer; IDEA Fitness Edge and American Fitness contributing writer; 2000 IDEA Steering Committee, project work for Rollerblade, Rob Glick and 24-Hour Fitness corporate groupx (for Donna Meyer); training coordinator for Star Trac's Education Academy; various other continuing education projects.

More Media: Online expert (writing/podcast host/strategy consultant) for The UnDiet Project;; Fitness journalist to conduct celeb interviews for MaDonna Grimes cancer fundraiser in West Hollywood, 4/13; Evolution Fitness Conference media consultant for video and social media coverage; 1/13; featured expert in Abundance teleconference, 6/13; featured profile in Possibilities Magazine, Spring/12; guest speaker at San Diego Fitness Challenge; featured fitness expert on ehow.com for my Playground Fitness series; former Host/Producer/Writer of a nationally syndicated radio program geared towards health, fitness and living well, Life in the Groove (54 stations in 27 states); my wellness podcast, at 165,000+ downloads.

Group exercise: Began teaching 06/85; retired due to Covid in 2020 while teaching spin at 24-Hour Fitness; blogged and spoke on practical fitness solutions.

Personal Training: Started training on 3/10/00, retired in 2021; created several unique group training programs; won 3rd place for sales goals/company-wide and individual sales bonuses within seven months of working for Total Woman.

GROUP EXERCISE DIRECTOR EXPERIENCE: recruiting, training, evaluating, motivating, managing, and scheduling instructors; creating new formats and special events; supporting efforts to build and maintain class numbers; scheduling CEC events; new equipment and current equipment reviews (including new formats and the stereo/mic systems), overseeing monthly class schedule updates and all substitutes including covering all classes if possible in emergency situations for the following facilities:

- Powerhouse Gym/Mission Viejo: 6/01/02-2/28/04
- Woman Day Spa and Gym: 4/18/00 - 11/30/01
- High Tech Women's Health Club: 8/1/95 - 1/26/00 (gym sold)
- World Gym/Lake Forest (program put on hiatus): 6/10/94 - 4/15/95
- The Fitness House/El Toro Fitness: 9/91-3/26/94
- The Complex, Newport Beach: 4/1/95 - 8/1/95
- Allen's Athletic Club/Laguna Niguel: 4-8/92

CERTIFICATIONS/TRAININGS:

- GROUP EXERCISE (PRIMARY): ACE, AFAA, YMCA, AFAA Certification Examiner
- PERSONAL TRAINING: AFAA
- CYCLING/SPINNING: PRECISION, JOHNNY G, CYCLE REEBOK, 24-HOUR FITNESS
- KICKBOXING: KICKFIT (5/98)
- MAT SCIENCE I & II: AFAA, (10/00, 5/01)
- INLINE SKATING: IISA-ICP (1997-2001)
- TREADMANIA, group treadmill format (11/20/99)
- SLIDE

DETAILED CAREER HIGHLIGHTS:

- * Instructor of the Quarter, Total Woman Gym and Day Spa-company wide, 9/05
- * Instructor of the Quarter, Total Woman Gym and Day Spa, 07/05, 11/08
- * Contributor to IDEA's *Fitness Journal*, Jan/04 and July-August/05
- * Guest Speaker, 24-Hour Fitness Master Trainer Summit, 09/04, "Being a Good Presenter"
- * Fitness professional guest speaker/presenter: Melinda Heights Elementary Red Ribbon Week, 10/03
- * Freelance contributor, CRUNCH Fitness GTS Group training manual (contracted by Rob Glick), 1/03
- * Master Trainer/Training Coordinator, Star Trac Academy (Precision Cycling/Trekking), 6/00-12/02
- * Feature writer/author, IDEA Fitness Edge, Feb/March, '02 and June '99 issues
- * World IDEA Steering Committee member, 5/2001 (screening new international presenters for 2002)
- * Feature writer, AFAA American Fitness Magazine, Nov/Dec2000, "Teaching Styles," and CEU Corner, "Inspire Your Staff," for the Sept.Oct/2001 issue.
- * Contributing writer, IDEA Health & Fitness Source Magazine, summer/2000 World IDEA convention
- * Rollerblade In-Gym Skate Program with Rob Glick: writing/design/creation/training/manual, 1/00
- * Freelance writer, 24-Hour Fitness, End-of-Year Report and Instructor Training Manual, 2000
- * Emcee/Internal Voiceover work, 24-Hour Fitness Biker Chick Rally/MADD Fundraiser, 11/97
- * Voiceover/spokesperson (aerobics segment) - High Tech Women's Health Club cable commercial/'96
- * Emcee, City of Hope Workout, Sports Club/Irvine, 4/95; Disneyland, 4/96
- * Selected as the Orange County Affiliate Relations Manager for FITNESS WEST Magazine, 9/93 - 4/94;
- * Generated articles in the local press as well as The OC Register, Times OC, and on national television.
- * Board of Directors, Professional Fitness Instructors Association of O.C.; awards banquet chairperson and emcee for two years; contributing writer and photographer for the quarterly newsletter.
- * Dance for Heart chairperson and task force member, 1986/1990
- * Freelance writer for "Fitness Phantom" column, *City Sports Magazine*/1988

EDUCATION:

- MA/honors, management and leadership, Webster University/Irvine
- BA, journalism/advertising, minor in Spanish, South Dakota State University
- Radio/TV/Film certificate program, Saddleback College
- Certified Angel Card Reader and Licensed Angel Therapy Practitioner
- Various trainings in metaphysical properties and higher consciousness