

LISA M. DRAGO

e-mail: Lisa@Fitness4YouOnline.com
<http://www.Fitness4YouOnline.com>

SUMMARY: AFAA certified Group Exercise Instructor and Personal Trainer and ACE certified Group Fitness Instructor with 20 years of experience in the fitness industry.

WORK AFFILIATIONS:

Virginia 1995-2000 & 2003 to present

- *Norfolk Family YMCA*, Norfolk (2003-present)
- *New Fitness for Ladies*, Midlothian (1999-2000)
- *Advanced Training Center (ATC Fitness)*, Norfolk (1995-1999)
- *Women's Workout Fitness Center*, Norfolk (1995-1999)

Hawaii 1989-1995 & 2000-2003

- *JW Marriott Ihilani Resort and Spa*, Kapolei (2003)
- *24 Hour Fitness*, Mililani (2000-2003)
- *Kaiser Foundation Health Plan; Lifestyle Program*, Honolulu (1990-1995)
- *Spa Fitness Center*, Pearl City (1989-1995)
- *Leeward Community College Senior Citizens' Program*, Pearl City (1990-1995)
- *Hawaii Medical Service Association Senior Citizens' Program*, Honolulu (1990)

Michigan 1985-1988

- *Fitness USA*, Dearborn (1987-1988)
- *Living Well Lady*, Dearborn (1986-1987)
- *Ypsilanti Recreation Center*, Ypsilanti (1985-1988)

PROFESSIONAL EXPERIENCE:

- Worked full-time as Group Exercise Supervisor managing instructors and class schedules at two clubs on the Hawaiian Island of Oahu.
- Worked full-time in the Fitness Department teaching aerobics, group training and conducting personal training sessions at several locations.
- Taught beginner, intermediate and advanced level group exercise classes (i.e., Hi/Lo, Step, Sculpting, Circuit, Yoga) up to twelve times per week.
- Taught specialized Low Impact, Step and Toning classes for seniors age 55 and older. Received excellent evaluations from participants.
- Taught advanced level Step classes for U.S. Navy personnel.
- Led the exercise portion of a Weight Management class for overweight individuals at a medical clinic. Received outstanding evaluations from participants.

EDUCATION (FITNESS):

Earned and maintained the following national certifications through the Aerobics and Fitness Association of America (AFAA) and the American Council on Exercise (ACE):

- **ACE Group Fitness Instructor**, Nov. 30, 2001, Honolulu, HI
- **AFAA Weightroom**, Feb. 4, 1996, Atlanta, GA
- **AFAA Personal Trainer**, Nov. 5, 1995, Raleigh, NC
- **AFAA Step Reebok**, July 28, 1995, Arlington, VA
- **AFAA Group Exercise Instructor**, March 19, 1995, Pearl City, HI

Completed AFAA's Home Study specialty courses:

- Exercise Science Fundamentals
- Nutrition Fundamentals
- Senior Fitness
- Stress Management
- Low-Impact Weighted Workouts
- Exercise and Obesity
- Health Care Essentials

Attended Continuing Education workshops, lectures and trainings:

- YogaFit Level III Training, Chesapeake, VA, 2005
- IDEA World Fitness Convention, Anaheim, CA, 2003; San Francisco, CA, 2001
- YogaFit Level I Training, Honolulu, HI, 2000
- DCAC International Fitness Convention, Alexandria, VA, 1996, 1998 & 1999
- AFAA's APEX Convention, Atlanta, GA, 1996

EDUCATION (COLLEGE):

- Bachelor of Arts, Anthropology, with Highest Honors; University of Hawaii, 1995. Received specialized training and wrote a thesis on the human skeleton.
- Associate in Arts, Liberal Arts, with Honors; Leeward Community College, 1992.

PROFESSIONAL MEMBERSHIPS, HONORS AND AWARDS:

- American College of Sports Medicine
- Aerobics and Fitness Association of America
- AFAA Examiner for the Primary Aerobics Certification
- IDEA: Health and Fitness Association
- 24 Hour Fitness "Instructor of the Year," 2001
- Phi Beta Kappa Honor Society
- Dean's List (Hawaii) and National Dean's List
- Phi Theta Kappa Honor Society
- Golden Key National Honor Society
- *Na Hulu Makua* Honor Society for adults returning to education
- Voted by members "Outstanding Aerobics Instructor," 1995, 1996 & 1998