

MEGAN C RIDGELY

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SUMMARY OF QUALIFICATIONS

- Personal trainer with 6 years experience specializing in senior fitness programming.
- Ten years of practical experience working in the fitness industry.
- Certified aquatics specialist with knowledge and skills to operate swimming pool and spa systems.

EDUCATION

University of Wisconsin-Milwaukee, Milwaukee, Wisconsin.

Bachelor of Science in Kinesiology from the Department of Human Movement Sciences. Submajor in Exercise and Fitness. Degree earned May 2005. GPA 3.29

CERTIFICATIONS & ASSOCIATIONS

- YogaFit certified Level 1 yoga instructor
- ACE certified Personal Trainer
- American Red Cross certified Lifeguard
- WPRO certified Aquatic Facility Operator
- American Red Cross certified CPR & AED
- Member of IDEA Health & Fitness Association
- Professional Liability Insured

PROFESSIONAL EXPERIENCE

Newcastle Place and Eastcastle Place

Mequon, WI and Milwaukee, WI

Oct. 2005 — Present

Aquatics and Fitness Specialist/Assistant Director

Promote fitness and independence goals of active older adult residents by developing and directing various exercise programs. Daily functions include designing and conducting personal training sessions, instructing land and aquatic classes, maintaining pool and spa equipment and chemistry, and overseeing safety of residents during pool and equipment usage. Regularly conduct fitness tests, provide wellness education, direct and evaluate interns, and coordinate special programs, events and guest speakers. Trained and experienced at working with persons with dementia and Alzheimer's disease.

- Member of Care Committee and Safety Committee.
- Taught 2,500+ senior exercise classes including seated or standing strength and toning, balance and stability, flexibility/ROM, yoga for seniors, group circuit training, and aqua aerobics.
- Designed therapeutic fitness programs for persons with MS, post-op joint replacement, peripheral neuropathy, cardiopulmonary diseases, stroke/CVA, Parkinson's, spinal stenosis, osteoporosis, post-polio syndrome, fibromyalgia, peripheral artery disease, and amputations.
- Approach exercise for seniors as a noninvasive holistic treatment for psychosocial health and wellbeing.

BayView Fitness

Milwaukee, WI

Oct. 2010 — Present

Group Exercise Instructor

Design and conduct classes that offer members an enjoyable yet safe and effective group fitness experience to achieve their desired results. Classes taught include Core Conditioning and Yoga.

Curves for Women

Port Washington, WI and Cedarburg, WI

June 2002 — Oct. 2002

Fitness Technician

Sold memberships, promoted services, conducted body composition assessments, directed member orientations and initiations, instructed equipment usage, and performed light housekeeping duties. Customer service skills, positive attitude, and building rapport with members were top priorities.

INTERNSHIPS

Shorewood Community Fitness Center

Shorewood, WI

Oct. 2001 — Dec. 2001

Field Experience in Kinesiology

Learned basic club operations and functions during one semester of a college field experience course. Student project was to conduct member satisfaction survey and monitor facility for safety.

Harry & Rose Samson Family Jewish Community Center

Whitefish Bay, WI

Jan. 2005 — Oct. 2005

Health, Recreation, and Fitness Intern and Associate

A full-time internship to complete my Kinesiology degree, followed by employment in the Fitness Center, Sales and Membership, and at the Customer Service Desk. Obtained management experience supervising all club operations, responded to first aid emergencies, and initiated a youth running program.

CONTINUING EDUCATION

- YogaFit Teacher Training – Level 1 held at Madison Area Technical College, Madison, WI; May 2010.
- Human Kinetics home study course "Exercise for Frail Elders." November 2009.
- Live webinars via Exercise ETC.com; "Exercise Programs for the Older Adult," November 2006; and "Exercise for Chronic Disabilities," September 2007.
- Midwest Strength & Conditioning Clinic at McHenry County College, Crystal Lake, IL; March 2006.

VOLUNTEER AND LEADERSHIP EXPERIENCES

Biggest Loser Challenge. Voluntarily organized and led weight loss contest for fellow fitness center members, 2011.

YogaFit "Gift of Yoga" Teaching Experience. Eight weeks volunteer yoga instruction for staff at Eastcastle Place, 2010.

Poll Worker. Election wards 9-12 in Shorewood, WI. Registered new voters and counted ballots, November 2008.

Women's Assault Prevention Program. Volunteer teaching assistant of women's Self-Defense course at UWM, 2003.