
KAFI PIERRE



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OBJECTIVE

To continue to create environments of health and wellness for generations to come.

SKILLS

As fitness and dance instructor for 12 years, I have taught classes to ages 6 to 70. I have an ability to assess a room and adjust to the needs of a group while helping to motivate and inspire.

EXPERIENCE

CORE

July 2017-Present-Toronto

Personal Trainer & Fitness Instructor

Created Group Fitness classes for CORE

Instruct 12 classes per week

EQUINOX FITNESS.

July 2013-Jan 2015-Toronto

Manager on Duty

Managed front desk and fitness desk operations

Maintained database, schedule and switchboard operations

Trained new staff

Drafted internal and external communications

CRUNCH FITNESS NYC

March 2005 – Jan 2013-New York

Group Fitness Instructor

Created Group Fitness and Pilates classes seasonally

Taught 5-10 fitness classes per week

Participated in fitness campaigns for Crunch

MASTER INSTRUCTOR FOR NIKE

Feb 2005-Dec 2005-USA

Dance Fitness Instructor

Instructor for the Nike “Rockstar Workout” by Jamie King

Represented the brand nationally

Dance fitness instruction for NIKE affiliates



EDUCATION

BFA

Saint Mary's College of California

AFFA

Crunch Fitness NYC

PMA

Steele Pilates NYC

VOLUNTEER EXPERIENCE

Centennial Infant & Child Centre

Centennial supports children with a wide range of abilities and disabilities. Children with Down syndrome, Cerebral Palsy, Autism, delays resulting from prematurity, congenital anomalies, brain damage caused by accident or illness and many other special needs.

Volunteers to work one on one with our pre-school children with special needs.

The children work hard to master skills such as walking, manipulating toys, communicating, self-help tasks and many other things.

I taught cognitive, motor skills to children.

Assisting occupational therapist with feedback

