

Colleen Unda

Brooklyn, NY

colleenunda@gmail.com

PROFESSIONAL SUMMARY

An energetic and dedicated leader who has a passion for building community through dance, fitness and comedy. Motivated and determined to achieve the best results in any situation.

CORE QUALIFICATIONS

Leadership	Motivational Instruction
Client Oriented	Public Speaking
Attentive	Time Management
Choreography	Organized
MindBody	Teaching Social and Emotional Learning

EXPERIENCE

<u>Title</u>	<u>Company</u>	<u>Location</u>	<u>Date</u>
Personal Trainer	F45 Training	New York, NY	2022-Present
Personal Trainer	Facetime Fitness	Virtual	2020-Present
Teaching Artist	DMF Youth	New York, NY	2021-2024
Dance Instructor	Edge Studio of Dance	Canton, MA	2020-2021
Personal Trainer	Rehabilitation Associates	Williamsburg, NY	2021-2022
Personal Trainer	Equinox	Williamsburg, NY	2018-2020
Dance Director	College Academy	Easton, MA	2014-2018
Fitness Instructor	Beacon Hill Yoga	Boston, MA	2018
Fitness Instructor	UMASS Campus Recreation	Amherst, MA	2015-2018
Administrative Assistant	Goddard Health Foundation	Brockton, MA	2018

EDUCATION

University of Massachusetts Amherst B.F.A. Dance	2014-2018
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CERTIFICATIONS/AWARDS

National Academy of Sports Medicine Certified Personal Trainer
Pre/Post Natal Coaching
TRX Qualification
First Aid, CPR, AED Certification
F45 Training First Employee of the Month July 2024