

Shannon Maguire

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Objective

To work in the fitness industry setting realistic and obtainable healthy lifestyle goals. Will work one on one and in groups to create a fun and safe training environment to achieve these goals while having *fun* and feeling successful. Main focus on long-term goals, safety, a community environment, challenging yet fun workouts, and exercises appropriate (regressed or progressed) for the clientele.

Experience

Supreme Health and Fitness Wellness Director

July 2008 – December 2012

As a manager visited community businesses promoting health and wellness. As a trainer worked one on one with a variety of clients including athletes, elderly, and youth. Also taught small and large group classes focused around TRX and kettlebell training.

Education

American Council on Exercise Personal Training

August 2009 - Present

Certified in training a wide population of clients safely and effectively.

ACE Weight Management, Nutrition, and Lifestyle

August 2010 - Present

Certified to work with a variety of clients on living a healthy lifestyle including: food choices and portion sizes, motivation techniques, and maintaining this lifestyle.

Kettlebell Athletics: Certified Kettlebell Instructor

October 2010 - Present

Certified to teach kettlebell techniques safely and effectively in a one on one or group format.

TRX Suspension Training Qualified

October 2010 - Present

Qualified to teach TRX suspension training to all levels in a one on one or group format.

TRX Rip Training Qualified

June 2012 - Present

Qualified to teach TRX rip training to all levels in a one on one or group format.

Yoga Certified Instructor- 200 hours Certification

October 2013-Present

Senior Brains and Balance Qualified

November 2014

Skills and Achievements

- 4-Time Ironman Finisher (2004, 2006, 2008, 2011)
- Fitness America Figure and Bikini Finalist
- 3-Time Kettle Moraine 50K Finisher
- 3-Time Wisconsin Adventure Racing Society Finisher
- Creating a community environment in any workplace
- Tailored, challenging, and safe exercise program design
- Triathlon Training Program Design
- Distance Running Program Design
- Individual and Group TRX and Kettlebell Instruction



References Available Upon Request