

Cathy Woodhouse, M.S.S
General Manager, Personal Trainer
Foreside Fitness & Tennis, LLC
Cathy@ForesideFitness.com

OBJECTIVE: Incorporating Health & Fitness with Training and Education

CAREER SUMMARY:

1/2004 to 6/2004 INTERNSHIP with Dr. Stephen Katz, Coastal Orthopedics, Brunswick, ME
400 Hour internship consisting of injury assessment, assisting with patient physical therapy, observation in surgery, and various medical procedures

1996 to Present PORTLAND ATHLETIC CLUB, Falmouth, ME
Personal Trainer – Independent Contractor

1995 to Present PEOPLES PLUS CENTER, Brunswick, ME
Senior Strength Training Instructor

1993 to 1996 PORTLAND ATHLETIC CLUB, Falmouth, ME
Fitness Coordinator – Supervision and Training of Fitness Room Staff

1991 To Present PORTLAND ATHLETIC CLUB, Falmouth, ME
Aerobics Instructor – Hi/Lo Aerobics, Step, Sculpt, Cycling, Kickboxing

1991 to 1999 NAVAL AIR STATION BRUNSWICK, Brunswick, ME
Personal Trainer, Nautilus Instructor, Aerobics Instructor, Cycling Instructor

1986 to 1990 MIRAMAR NAVAL AIR STATION, San Diego, CA
Aerobics Instructor

1982 to Present Aerobics and Fitness Instructor at various locations around the country

CAPABILITIES:

- Instructor training and education
- Writing Health and Fitness articles
- Consultation and counseling
- Design and implement training programs
- Supervision and Management of Fitness Personnel

ACHIEVEMENTS:

- **Wrote** Fitness Room Training Procedures for Portland Athletic Club
- **Authored** and utilized 120 page training manual on Fitness Instructor Training
- **Taught** 10 week/30 hour Fitness & Aerobic Instructor Training Course to 30 individuals
- **Presented** various seminars on fitness
- **Authored** various fitness articles for publication
- **Designed** and implemented Personal Training Programs for Fitness Clubs
- **Implemented** Senior Strength Training Class at Peoples Plus Center, Brunswick, ME
- **Co-published** and developed of Low-Fat Nutrition Newsletter with 100+ Subscriptions (1996-1999)

EDUCATION:

July 2005 United States Sports Academy, Daphne, AL
Masters of Sports Science, Major: Sports Medicine
G.P.A. 4.0 Who's Who among American Colleges & Universities;
President's Scholar

May 1981 Southern Illinois University, Carbondale, IL
BA/Liberal Arts, Major: Spanish
G.P.A. 3.89 Phi Beta Kappa

CERTIFICATIONS:

Nutrition Specialist – Lifestyle Management Associates, West Roxbury MA
Reebok Cycling
Medical Exercise Specialist - AAHFP (American Academy of Health & Fitness Professionals)
AFAA Personal Trainer
Resistance Weight room Training Instructor – Fitness Resource Associates, Boston MA
ACE Personal Trainer
AFAA Group Fitness Instructor
ACE Group Fitness Instructor