

Ines Donnelly

Objective

My goal as a personal trainer is to provide clients with a safe, fun and effective workout. I am committed to perfecting my skills as a personal trainer and to keeping my body as physically fit as possible.

Qualifications/ Education

- Weight Management Specialty Certificate, March, 2006
- Sports Nutrition Specialty Certificate, March, 2006
- Pilates Matwork Specialty Certificate certified March, 2005
- American Council on Exercise Personal Trainer certified August, 2003
- American Council on Exercise Instructor certified May, 2000
- Mad Dogg Athletics Spinning® certified Sept. 9, 2000
- Kick & Punch Productions certified April 25, 1999
- Napa Valley College ---- Foundations of Fitness ---- Spring 2000
- CPR-American Heart Association- current

Work experience

- Napafit/Bikini Bootcamp apparel and accessories- t-shirts, tank-tops and H2O bottles
2007-present

- Bikini Bootcamp- Women's only outdoor group exercise class.
2006-present

- Napafit LLC -Personal Training business.
2004-present

- The Carneros Inn- 4048 Sonoma Highway, Napa, CA 94559
707-299-4900
Employed from 2004-present
Personal Trainer
Fitness Instructor- Vineyard runs, Aqua, Bootcamps

- Personal trained the Royal family of Saudi Arabia in Riyadh, Saudi Arabia.
Employed from July 2003- present

- Pre-conditioned UCLA Women's Gymnastics Team-Summer of 2003

□ LA Fitness La Cienega- 1833C La Cienega Blvd., Los Angeles, CA 90035
310-202-6823

*Employed from 2003-present Fitness Director Elise Coben
Fitness Instructor-Kickboxing, Sculpt*

□ LA Fitness Westwood-10921 Wilshire Blvd., Los Angeles, CA.90024
310-209-5002

*Employed from 2002-present Fitness Director Elise Coben
Fitness Instructor- Cycle, Kickboxing, Aqua, Sculpt*

□ LA Fitness Marina Del Rey-13455 Maxella Ave., Marina Del Rey, CA
90292- 310-827-0904

*Employed from 2002-present
Fitness Instructor- Kickboxing, Sculpt*

□ Bally Total Fitness-1914 S. Bundy Drive, Los Angeles, CA 90025
310-820-7571

*Employed from 2002-present Fitness Director Tara Shultz
Fitness Instructor- Kickboxing*

□ UCLA Fitness Center-2131 John Wooden Center, Los Angeles, CA.
90024- 310-825-3701

*Employed from 2001-2003 Fitness Director Elisa Terry
Fitness Instructor- Cycle, Kickboxing, Sculpt, Jump Rope*

□ HealthQuest Fitness Center- California Blvd., Napa, CA 94558
707-254-7200

*Employed from 1999-present Fitness Director Gail A. Conrad
Fitness Instructor- Cycle, Kickboxing, Aqua, Sculpt, Resist-a-ball, Stretch, Basic Training*

Fitness Related Experiences

- Fitness Model for Bally's Total Fitness equipment
- Provided Kickboxing birthday parties for member's at HealthQuest
- Instructed in Kickboxing video for local private school fundraiser
- Extra participant in Harbinger products fitness video
- Provided Kickboxing Technique Workshop for HealthQuest members

References

- Gail A. Conrad/ General Manager- *HealthQuest*- 707 254-7200
- Jeannie Jarnot/ Spa Director-*The Carneros Inn*- 707 299-4854