

Assia Winfield

Objective: My objective is to share my knowledge and love for a healthy life style. By using exercise and nutrition guidelines to improve the quality a how we live. Have fun and fitness combined.

Qualifications

I am a product of Alvin Ailey American Dance Center. I received a scholarship in 1983. Dancing has been as always been a part of my life and as I expanded my interests to include physical training I have combined dance and physical fitness to help people improve the quality of their lives through better health. I teach low and high impact aerobic dance. I design specific exercises for special groups based on age, experience and goals. Interval training, Sports conditioning, and weight management. I also teach yoga and hip hop dance. I have been teaching now for over 20 years and I have seen thousands of students develop and grow with me.

**One of my favorite slogans: THE THREE C'S,
"CONSISTENT, CAREFUL & CONSCIOUS BEHAVIOR CREATE RESULTS."**

Education

1983-1984 Alvin Ailey American Dance Center
1992-1993 Aerobics and Fitness Association of America - CERTIFIED INSTRUCTOR
2001 Certified - Exercise Obesity - Youth Fitness - Nutrition Fundamentals
2002 Certified Stress Management - Aqua Fitness

Employment

1993- St. John's Recreational Center 12 Prospect Place Brooklyn, N.Y. 11216

Aerobics Instructor - Responsible for preparation of daily and weekly schedules. Preparation of daily lesson plans, organization of classes, formation of proper nutritional plans for clients.

1996-Present Brownsville Recreational Center 21 Linden Blvd. Brooklyn, N.Y. 11216

Aerobics Instructor - Design exercise programs for all age groups including dance, weight training & nutritional programs.

1995-1996 Ultimate U Health and Fitness Center 7 Main Street Hempstead, N.Y. 15533

Aerobics Instructor - Training other instructors-Leading workshops, teaching classes, all types

2003 - Present Sky Athletic Club 310 Merrick Road Rockville Centre, N.Y. 11570

Aerobics Instructor - Variety of classes

2004 - Present Hollywood Atrium Club 25 Mill Street Far Rockaway, N.Y. 11553

Aerobics Instructor - Variety of classes