

Mary-Louise Capobianco

FITNESS PROFESSIONAL

CONTACT

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- 📍 Jupiter, Florida 33478

SKILLS

- Group instruction
- Motivation techniques
- Class coordination
- Choreography design

PROFESSIONAL SUMMARY

Seasoned Group Fitness Instructor with a proven track record at Coastline Fitness, adept in leading diverse classes including Les Mills Step and Zumba. Excels in motivating participants through safety awareness and effective motivation techniques, ensuring skill improvement and injury prevention. Demonstrates strong group instruction capabilities, enhancing fitness levels across a broad demographic.

EXPERIENCE

February 2022 - Present

Group Fitness Instructor(seasonal)

Eastpointe Country Club, Palm Beach Gardens, FL

- Provided instruction in maintaining exertion levels to maximize benefits from exercise routines.
- Accommodated different levels of fitness.
- Incorporated use of cuing, tempo and safe transitional movements from one exercise to another.

May 2021 - Present

GROUP FITNESS INSTRUCTOR

Coastline Fitness, Old Saybrook, CONNECTICUT

- Delivered adequate warm-up and stretching to avoid injuries
- Observed participants and informed them of corrective measures necessary for skill improvement
- Led classes in Les Mills Step, Les Mills Core and Zumba

May 2016 - Present

GROUP FITNESS INSTRUCTOR

In Shape Fitness, Branford, CONNECTICUT

- Led energizing, fun and safe group classes for range of fitness levels
- Incorporated use of cuing, tempo and safe transitional movements from one exercise to another
- Classes included: Spinning, Pilates Fusion, Silver Sneakers and Zumba

September 2014 - Present

ZUMBA INSTRUCTOR

Clinton Park & Recreation, Clinton, CONNECTICUT

- Accommodated different levels of fitness
- Chose appropriate music and chose different movements for each set of muscles, depending on participants' capabilities and limitations

EDUCATION

May 1983

BACHELOR OF SCIENCE (B.S.) in MARKETING

University Of CT, CT

CERTIFICATIONS

- AFAA Primary Group Fitness Instructor & Personal Trainer Certification, 02/01/96, present
- NASM Certified Personal Trainer, 07/01/16, present
- Spinning Instructor Certification Mad Dogg Athletics, 02/01/01
- LesMills Certified Body Step Instructor, 09/01/05, present
- LesMills Certified LM Core, 10/01/18, present
- Licensed Zumba Instructor, 11/01/09, present
- Barre Above Certified Barre Instructor, 05/01/16, present
- Silver Sneakers & Silver Sneakers Yoga Certified Instructor, 07/01/19, present
- Heart saver American Heart Assoc. CPR AED, 08/03/2023, (Exp 8/2025)
- Mat Pilates Qualification/IMX Pilates Reformer Certification, 04/01/09

REFERENCES

References available upon request

ADDITIONAL INFORMATION

Fitness Website: mloufitness.com