

# LINDA N. MAGEE

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## EDUCATION

*University of Connecticut, Storrs CT*

MA in Sport, Leisure, and Exercise Science  
Concentration: Fitness Management  
Summa cum laude  
Graduate Assistant

*The King's College, Briarcliff Manor, NY*

BS in Physical Education  
Magna cum laude

## PROFESSIONAL EXPERIENCE

### **Personal Trainer, Group Exercise Instructor, Pilates Practitioner, and Professional Educator (2001-present)**

*Linda Magee Fitness, Woodstock CT*

- Develop and implement fitness programs for adults, including those with medical conditions
- Assess health questionnaires for medical clearance, follow programming recommendations via client physicians, physical therapists and other medical professionals
- Provide feedback to group exercise instructors on technique, formatting, cueing, communication, and all areas of instruction at local YMCA
- Deliver health risk analysis, fitness assessments, personal training, Pilates and group classes instruction live and virtual
- Handle day to day operations including schedule, finances, taxes, maintenance, and risk analysis
- Utilize different modalities (BOSU, TRX, weights, body bars, kettlebells, functional trainers, etc.) to add variety while addressing proper techniques
- Oversee website design, communications, and manage social media
- Present certifications and workshops nationally and internationally for NCCA accredited agencies for personal trainers, group instructors, and aquatic instructors
- Mentor presenter candidates, chosen in top 3% to pilot programs for AFAA

### **Adjunct Faculty**

*Eastern CT State University, Willimantic, CT (1999-present)*

*Manchester Community College, Manchester CT (2014-present)*

- Instruct credit classes for general college population, Exercise Science, and Kinesiology majors
- Curriculum Development
- Online and on ground courses

Teacher prep courses:

- Introduction to Recreation and Leisure Services
- Foundations of Health-Related Fitness
- Group Fitness Instructor Training
- Aerobics for Fitness
- Weight Training
- Fitness Walking
- Health and Wellness: Pilates
- Health and Wellness: Zumba
- Sports Nutrition

Business Prep courses:

- Introduction to Health Fitness and Sport Science

- Introduction to Exercise Science
- Program Development and Evaluation
- Exercise Testing and Programming for Typical and Special Population
- Fitness Specialist Certification (ACSM prep course)
- Health and Wellness Promotion

Developed new courses for university: outline, objectives, syllabus

- Pilates
- Group Fitness Instructor Training

Supervise Interns

- Professional Internship Sport Management
- Department Internship in Health Fitness

### **Personal Trainer (2016-2020)**

### **Group Exercise Instructor**

### **Staff Educator**

*YMCA of Central MA, Southbridge, MA*

- Conducted fitness orientations including physical assessments
- Designed personal training programs, including those for special populations. Maintained a wait list
- Created, executed, and successfully delivered a number of exercise modalities to aid individuals in achieving their health and wellness goals while maintaining safety guidelines of the industry
- Administer staff education training for fitness center supervisors, group exercise instructors, and personal trainers

## **PROFESSIONAL CERTIFICATIONS & MEMBERSHIPS**

ACSM: Certified Exercise Physiologist, Exercise is Medicine Credentialed

NASM: Master Personal Trainer (1 of 135 in the world)

NASM: Certified Personal Trainer, Corrective Exercise Specialist, Weight Loss Specialist, Certified Nutrition Coach

AFAA: Master Instructor

AFAA: Group Fitness Instructor, GEAR Instructor

BOSU: Master Trainer

Surge: Master Trainer, Youtube video presenter

Stott Pilates: Mat & Reformer Level I, II

TRX Suspension Training

Total Barre Qualified Instructor

NIH: Protecting Human Research Participants

CPR/AED/First Aid

American College of Sports Medicine (ACSM)

National Academy of Sports Medicine (NASM)

Athletic and Fitness Association of American (AFAA)

IDEA

## **NATIONAL PRESENTATIONS AND PUBLICATIONS**

Magee, L.N. (2021) *C IT, DO it, Aging Power*, FitnessFest Conference

Magee, L.N. (2021) *Power for the Ageless*, NASM/AFAA Optima Conference

Magee, L.N. (2021) *Aging Power, Osteo-friendly workout*, ICAA Conference

Magee, L.N. (2020) *Basics of Mat Pilates*, NASM/AFAA Optima Conference

Magee, L.N. (2020) *Pilates TRiX*, NASM/AFAA Optima Conference

Magee, L.N. (2020) *Athletic Circuit Unleashed*. IDEA Personal Training Summit East

Magee, L.N. (2014) *Top Certifications for Personal Trainers and Group Instructors*. Extended topic. Athletic Business Conference. Orlando, FL

Magee, L.N. (2013) *Comparing Group Instructor Trainings*. Extended topic. NCAAPHERD. Raleigh, NC

Magee, L.N. (2013) *Pilates TRix*. New England Fitness Inspire 2013. Westborough MA

Magee, L.N. (2007) *Tool Time*. Extended topic. DCAC Fitness Education Conference. Houston (DCAC)  
Magee, L.N. (2007) *Own Your Own*. Extended topic. DCAC Fitness Education Conference. Houston (DCAC)  
Magee, L.N. (1997) Training a Multi-Level Class. *American Fitness Magazine*.

## **VOLUNTEER EXPERIENCE**

### **Advisory Board:**

*Manchester Community College*: Exercise Science Major (2016-present)

*Elevation Corporate Health*: business development (2018)

### **Woodstock Community Outreach:**

*Caring Communities*: packaging weekend food for needy families (2018 – present)

*Follow the Fifty, Coach* (2012)

*Girl Power* (2011-2013)

### **Fundraising**

*Why Me & Sherry's House* (2010)

*Relay for Life* (2002-2005)

*CHIC (Covenant High in Christ)* (2010-2013)