

# Sadé Simmons

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## Summary

Energetic and experienced Group Fitness Instructor and Personal Trainer with a strong background in Pilates based movement, weight training, and dance instruction. A reliable team player who uses passion and enthusiasm to motivate clients to transform not just externally, but internally as well.

## Highlights

- Video on Demand Content Coordinator
- Video on Demand Lead Instructor
- Music Manager
- Training Team Teaching Associate
- Client Relations Manager
- Interim Studio Manager
- Video on Demand Launch Team
- Master Instructor
- Virtual Fitness Coach
- Social Media Manager
- Barre Instructor
- Megaformer Lagree Instructor

## Experience

Fitness Instructor:

Physique 57 | 8 Springs Studio (2010-2017 | 2016-2017)

- Designed each Class and Program for multiple skill levels
- Maintained a top-rated, sold-out class schedule
- Developed and launched premier studio programming
- Built program specific playlists
- Maintained highest studio client attendance for varying programs
- Worked closely with studio owners to develop programs, promotions, and services
- Overseer/Coordinator of all choreography, movement, and programs for Streaming Platforms
- Lead Instructor for Streaming content
- Scheduled rehearsals, fittings, and shoots for Streaming content

Fitness Instructor | Personal Trainer:

Physique 57 | Personal Clients (2013-Current)

- Works one on one with clients to modify movement for optimum benefit and safety
- Works with Pre/Postnatal clients
- Designed and developed programs for individual clients
- Monitored improvement on a weekly basis
- Works with both, clients with injuries, and clients for injury prevention
- Works with teenagers to develop a firm and education fitness foundation

## Certifications

NASM CPT

Lagree Certification

