

CURRICULUM VITAE

SUSAN SPERO

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EDUCATION:

1967-1971 **Philadelphia College of Art, Philadelphia, PA**
Bachelor of Fine Arts, Sculpture

Philadelphia Dance Academy, Philadelphia, PA
Focus: Kinesiology and Lab notation

1984-1986 **Lesley College, Cambridge, MA**
Master of Arts, Expressive Therapy
Major: Movement/Dance Therapy

1985 **Boston City Hospital**
Emergency Medical Technician Certification

1987 **ITT Technical Institute, Chelsea, MA**
Certified Automotive Mechanics

1990 **TAD Technical Institute, Chelsea, MA**
Certified Diesel Mechanics

PROFESSIONAL EXPERIENCE:

1973 – present **Instructor – Trained to Teach**
Tai Chi Chuan, Modern Dance, Ballroom
Dance, Ballet, High and Low Impact, STEP,
Muscle Conditioning, Aqua Aerobics, Healthy
Backs, Pregnancy Class, Seniors Fitness,
Arthritis, Special Needs, Injuries, Pilates Mat,
Reformer, Cadillac, Chair and Barrel,
Gyrotonic, Gyrokinesis, Power Plate and
Zumba

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1983 – present	Corporate Fitness Consultant Fitness services provided to such companies as Honeywell, McLean's Hospital, Millipore Corp., Shawmut Bank, and Genetics Institute. Advise and assist with the purchasing of exercise equipment as well as teaching classes.
1984-1994	Middlesex Health and Fitness Director of Aerobic Activities
1990-present	CEC Provider ACE & AFAA
1990-1999	Basic Training Aerobic Instructor Training 8 week Prep Program for Certifications Advanced Instructor Training Programs
1991-1996	Harvard Business School Aerobic Coordinator Hire, train and supervise instructors Coordinate special events, in-house training
1991-present	Harvard University Personal Trainer, Consultant and Speaker
2001-present	Yale University Personal Trainer, Pilates Mat Instructor
2001-present	Owner and operator <i>p2 pilates plus</i> studio, New Haven, CT
2001-present	Fellowship Place Volunteer to teach movement classes to mentally challenged adults

REFERENCES: available upon request

PROFESSIONAL EXERCISE CERTIFICATIONS

1986	Aerobics & Fitness Association of America (AFAA) General Instructor Certification Low Impact Certification
1987	American Council on Exercise (ACE) General Instructor Certification
1991	American College of Sports Medicine (ACSM) Health & Fitness Professional Certifications of Enhanced Qualifications Advanced Personal Trainer Exercise and the Older Adult Nutrition and Exercise
1996	Aquatic Exercise Association (AEA)
1997	People with Arthritis Can Exercise (PACE)
1999	Physicalmind Institute Mat Certification
2002	Physicalmind Institute Pilates Equipment Certification
2003	Stott Institute Mat and Reformer Certification
2005	Stott Institute Advanced Certification in equipment and special populations
2005	Power Pilates Mat Certification
2006	Power Pilates Pilates Equipment Certification
2007	Pilates Method Alliance Gold Star Certification
2007	Power Plate, Vibrational Technology training

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PROFESSIONAL EXERCISE CERTIFICATIONS (continued)

2006	Gyrokinesis Level I Instructor
2008	Gyrotonic Expansion System Level I Instructor
2009	Zumba Certification
2010	Kundalini Research Institute Level One Instructor of Kundalini Yoga
2011	TRX Suspension System Group Training
2013	Kundalini Research Institute Level II instructor
2014	Ayurveda Foundations Training
2016	Gyrotonic Expansion System Level II