

## Dorothy Virginia Henderson

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[www.dorothyfitness.com](http://www.dorothyfitness.com)

### Summary

A diversified and extensive background as a studio owner and group fitness director in the health and wellness industry with specific experience in management, promotion, teacher training, sales, human resources, customer service, accounting, social media and website design.

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### Areas of Specialty

Fitness Studio Owner/Operator	600 hour Certified Massage Therapist
Human Resources/Payroll	200 hour Certified Yoga Teacher
Customer Service/Sales	Star Level 3 Spinning® Instructor
Website Design/Advertising/Social Media	AFAA Group Fitness Certified
Fitness Staff Management/Training	Zumba® Instructor

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### Education

<b>Bachelor of Science</b> <i>Georgian Court College, Lakewood, New Jersey</i>	<b>August 1986 – May 1990</b>
<b>Certified Massage Therapist</b> <i>Institute of Advanced Studies, Flemington, New Jersey</i>	<b>September 2004 – June 2005</b>
<b>Certified Yoga Teacher</b> <i>P.S. 108 Jivana Yoga University, Bedminster, New Jersey</i>	<b>September 2013 – June 2014</b>

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### Experience

<b>The Group Fitness Studio, LLC</b> <b>High Bridge, New Jersey</b> <i>Owner/Operator/Instructor</i>	<b>May 2011 – January 2016</b>
<b>Steel Wheels, LLC /Holistic Health Products &amp; Services</b> <b>Clinton, New Jersey</b> <i>Owner/Operator/Instructor</i>	<b>September 2000 – July 2008</b>
<b>Fair Haven Fitness, LLC</b> <b>Fair Haven, New Jersey</b> <i>Owner/Operator/Instructor</i>	<b>May 1996 – June 2000</b>
<b>New York Sports Clubs/ Jack LaLanne</b> <b>New York &amp; New Jersey Locations</b> <i>Instructor</i>	<b>June 1986 – May 1996</b>

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## Responsibilities

Developed and Maintained Class schedule	Prepared in house Payroll	Created all Accounting Reports
Management of all Daily Operations	Customer Service and Retention	Instructor and Sales Manager
Created all Advertising Materials	Equipment Maintenance	Group and Personal Trainer
Created Essential Oil Product Line	Website Design	Hosted Special Events

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## Continuing Education & Certifications

### Summary

#### Spinning® Instructor #25505 – 1997

- ECA/NYC Fitness Convention (1999)
- Spinning® Program for Creative Ideas
- Building your Spinning® Team
- Spinning® Johnny's Ride
- Spinning® Breathing to Enhance Performance (2002)
- Spinning® Ultimate Guide to Coaching Part I (2002)
- Spinning® Ultimate Guide to Coaching Part II (2002)
- Mental Training for the Spinning® Program (2002)
- **Star Level 2 (Spinning®) (2010)**
- Periodization for Peak Performance (2012)
- Contraindications to the Spinning® Program (2012)
- Spintensity®: Periodization (2012)
- **Star Level 3 (Spinning®) 2013**

#### Certified Massage Therapist (600 hours) - 2005

- Swedish Massage Theory, Technique and Practice – 218 Hours
- Student Clinic Massage Application and Practice – 120 Hours
- Anatomy, Physiology, Pathology and Myology – 120 Hours
- Foundations of Medical Massage – 16 Hours
- Foundations of Sports Massage – 20 Hours
- Foundations of On-site Chair Massage – 20 Hours
- Foundations of Pre-Natal Massage – 12 Hours
- Foundations of Lymphatic Drainage – 10 Hours
- Basic Principles of Alternative Healing Methods – 12 Hours
- Reflexology Theory and Application – 16 Hours
- Hot Stone Massage – 16 Hours
- Business Ethics and Practice Management – 20 Hours

### **Certified Yoga Teacher (200 hours) – 2014**

- Teaching Methodology and Practicum for Asana
- Pranayama and Meditation
- Anatomy and Physiology
- Yoga Philosophy, Lifestyle and Professional Ethics

### **AFAA Group Exercise Instructor #949820 – 1986 & 1995**

- Telefitness® Continuing Education
- Issues and Guidelines for the 21<sup>st</sup> Century
- Mind/Body Fitness
- Case Studies – Using AFAA's Fitness Triage® System and Method
- WellFit™ Forms
- Nutrition Gets Personal
- Life Coaching
- Telexercise® Resistance Training
- BodyFit Instructor Training

### **AAAI/ISMA World Fitness Education Conference/Certification – 2000**

- Telefitness® Continuing Education
- Pilates
- C.O.R.E. Resist-a-Ball
- Step & Injury Prevention
- Step Guidelines
- Kickbox Express & Lecture
- Hi Lo Power
- Full Circle of Fitness
- Stretching Body & Mind
- Fitness Testing and Assessment
- Sports Conditioning
- Yoga Teacher Training

### **Additional Certifications/Relevant Information**

- Zumba® Instructor – Basic Steps 1 (2010)/ Basic Steps 2 (2012)
- American Safety & Health Institute – Adult and Pediatric CPR/AED (2015)

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## **References**

Upon Request