

# Lindsay Brandon



- > CanFitPro FIS & PTS
- > 500HR RYT Hatha Yoga
- > Yin yoga
- > Aerial Yoga
- > Kickboxing Level 1 & 2
- > Zumba 1 & 2
- > Zumba Toning
- > Zumba Kids
- > TRX Instructor
- > CPR C AED & First Aid

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[www.lindsaybrandon.ca](http://www.lindsaybrandon.ca)

## EXPERIENCE

March 2011 - Current

**The City of Calgary**

### Group Fitness Instructor

- > Zumba and Zumba Kids classes (day camps)
- > Kickboxing registered programs
- > Strength classes (buns and bellies, abs and arms)
- > Yoga Classes, Hatha, Restorative, Meditation
- > Special populations programming, Bridges, Starburst, MASST
- > WOW corporate classes

September 2011 – November 2019

**YMCA – 3 Locations: Shawnessy, Remington and South Calgary Health Centre**

### Group Fitness Instructor

- > Zumba, Hatha Yoga, Introductory Yoga, Family Yoga, Gentle Yoga

September 2018 – Current

**Mid Sun Community Centre**

### Yoga / Meditation & Art Instructor

- > Meditation workshops and registered programs, yoga classes
- > Art Classes for youth and adults, art techniques

May 2017 – January 2018

**Joy & Vitality**

### Group Fitness Instructor

- > Yoga Instructor

September 2011 – December 2017

**Spa Lady**

### Group Fitness Instructor

- > Zumba, Tread N Shred (Metabolic Conditioning) CRT HIIT
- > Hatha yoga, restorative yoga, flow

September 2013 – June 2015

**NSD – National Sports Development**

### Hatha Yoga & Kickboxing Instructor

- > Team training with kickboxing and yoga. Sports teams and schools.
- > Yoga Instruction - High Performance Training, TRX Yoga