

# LAURA E. CHEVALIER

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<b>Education</b>	<b>Turbo Kick Certification</b> , Boston, MA	<i>July 2011</i>
	<b>TRX Suspension Training Personal Trainer Certificate</b> , Manchester, MA	<i>June 2011</i>
	<b>Gravity Personal Training Certification</b> , Pompton Plains, NJ	<i>October 2009</i>
	<b>Basic Kettlebell Certification</b> , Manchester, MA	<i>August 2009</i>
	<b>Les Mills BODYFLOW Certification</b> , Boston, MA	<i>August 2008-Present</i>
	<b>Les Mills BODYPUMP Certification</b> , Boston, MA	<i>August 2007-Present</i>
	<b>AFPA Personal Training Certification</b> , Boston, MA	<i>August 2005-Present</i>
	<ul style="list-style-type: none"><li>• Concentration in pre and post natal exercise, Special Populations, strength training for athletes, nutrition, boot camp, and non-traditional strength training</li></ul>	
	<b>Kane Core Integration Certification in Pilates Mat</b> , New York City, NY	<i>July 2003</i>
	<b>University of Massachusetts</b> , Amherst, MA	<i>Fall 1999-Fall 2002</i>
<ul style="list-style-type: none"><li>• Bachelor of Arts degree in Dance, Cum Laude: 3.7 cumulative GPA</li><li>• Awarded Chancellors Talent Award for dance and academic distinction for 3 consecutive years</li><li>• Attended prestigious Five-College Dance Department courses at Smith College in Northampton, MA, Mount Holyoke College in South Hadley, MA, Hampshire College in Hadley, MA, and Amherst College in Amherst, MA</li></ul>		
<b>Middlesex University</b> , London, UK	<i>Spring 2002</i>	
<ul style="list-style-type: none"><li>• Attended Spring semester overseas; while continuing dance education and performance</li></ul>		

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<b>Work Experience</b>	<b>NEHRSA Board Member</b>	<i>July 2011-Present</i>
	<b>FITNESS DIRECTOR/CPT/CGFI</b>	<i>January 2005-Present</i>
	<b>Wave Health &amp; Fitness and Second Wave Health &amp; Fitness</b> , Boston, MA	
	<ul style="list-style-type: none"><li>• Manage personal training staff and all independent contractor group fitness instructors</li><li>• Responsible for payroll, monthly schedule, employee reviews, and creating wellness programs</li><li>• Personal and small group training to health club clientele</li><li>• Teaching wellness programs, seasonal boot camps, and a variety of group fitness classes</li><li>• Presenting quarterly wellness speeches for John Hancock Healthy Returns program</li></ul>	
	<b>GROUP FITNESS INSTRUCTOR</b>	<i>December 2004</i>
	<b>McBurney, YMCA</b> , New York City, NY	
	<ul style="list-style-type: none"><li>• Aquatics, Pilates Mat, and dance faculty</li></ul>	
	<b>OFFICE MANAGER and GROUP FITNESS INSTRUCTOR</b>	
	<b>In Fitness &amp; In Health</b> , New York City, NY	<i>February 2004-December 2004</i>
	<ul style="list-style-type: none"><li>• Office manager, PR work, and teaching Pilates Mat classes to women of size</li><li>• Attained Size Sensitivity Training</li></ul>	
<b>SPECIAL POPULATION GROUP FITNESS INSTRUCTOR</b>		
<b>National Multiple Sclerosis Society</b> , New York City, NY	<i>September 2003-December 2004</i>	
<ul style="list-style-type: none"><li>• Total Fitness, Aquatics, and Pilates Mat classes to people with MS</li></ul>		

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<b>Skills</b>	<b>American Heart Association: CPR and AED Certification</b>	<i>Present</i>
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