

# Candace Tabbs

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## EDUCATION

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**Barnard College**, New York, NY

Bachelor of Arts, May 2011 Major: Neuroscience and Behavior Minor: Dance

**A.C.E. Group Fitness Instructor and Personal Trainer**

**Schwinn Indoor Cycling MPOWER with Watts**

**TRX Suspension Training Level 1**

**Kettlebell Concepts Level 1**

**FiTour Cardio Kickboxing, Bootcamp**

## RELEVANT EXPERIENCE

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**Medifit**, *Group Fitness Instructor*, New York, NY (May 2016- present)

- Indoor Cycling: A beat-driven ride toning the legs and building cardiovascular strength
- West African Dance: cardio dance class with live drum based on the music and movement of West Africa

**FitRxN Fitness**, *Group Fitness Instructor*, New York, NY (August 2015- July 2016)

- Planned, prepared, and taught high intensity interval training (HIIT) classes using TRX suspension trainers, Sandbells, Kettlebells and much more to develop strength, power, stamina, & balance to participants of all levels

**PlusOne Health Management**, *Group Fitness Instructor*, New York, NY (September 2014- present)

- Cardio KickBox: A non-contact kick boxing class with cardio moves to up-tempo music
- Cardio Dance: A non-stop dance party to the latest in Hip Hop, Pop, and Dance music
- Indoor Cycling: A beat-driven ride toning the legs and building cardiovascular strength
- Bootcamp/HIIT: Free weight and body weight exercises, drills, circuits, and games that get you strong and lean

**SWERVE Fitness**, *Indoor Cycling Instructor*, New York, NY (September 2014- May 2015)

- Planned, prepared, and taught music-mapped playlists for rides to participants of all fitness levels
- Utilized hand weights to lead upper body sections within each ride

**Columbia University**, *Personal Trainer*, New York, NY (September 2013- May 2015)

- Trained clients in strength, cardio, flexibility and high-intensity interval training sessions based on the client's abilities, goals and interests

**Bootcamp Republic**, *Group Fitness Instructor*, New York, NY (April 2013- August 2014)

- Planned and taught high-intensity interval-based sessions combining cardio, strength, toning and flexibility to strengthen all muscle groups and build cardiovascular endurance

**Barnard College/Columbia University**, *Group Fitness Instructor*, New York, NY (September 2011-August 2015)

- Cardio KickBox: A non-contact kick boxing class with cardio moves to up-tempo music
- Cardio Mix: An aerobic cardio class with a dance and kick box fusion
- Hip Hop Dance: All levels hip hop dance workout to the latest music
- Body Sculpt: A non-aerobic workout to strengthen and firm the whole body using weights, body bars and dynabands

## ADDITIONAL EXPERIENCE

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**Broadway Dance Center**, *Work-study Scholar*, New York, NY (October 2011- present)

- Greeted both international and domestic students to the studio
- Signed students into classes, handling monetary and class card transactions
- Articulated the class offerings and program opportunities to new students

## SKILLS AND INTERESTS

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- Certified **TurboKick** instructor Sports specialty: Basketball
- American Red Cross CPR/AED Adult and First Aid Certification
- Completed a semester-long Fitness Instructor Course at Barnard College, Spring 2011
- Proficient in Spanish, MindBody