

# MICHELLE PUCCI-OROSZ

## EDUCATION

**American Heart Association:** CPR/AED Certified

**National Academy of Sports Medicine:** Certified Personal Trainer

**Linda Fit Pilates:** Pilates Mat Certification

**Aerobics & Fitness Association of America:** Primary Group Exercise

**BFA in Musical Theatre with a Minor in Dance:** East Carolina University

## EXPERIENCE

**Youniquelyfit:** Certified Personal Trainer and Youniquelyfit Method

**Simply Fit Astoria:** Group Fitness: Zumba and Piloxing

**Shotokan Karate Studio:** Group Fitness: Zumba and Piloxing

**Camp Wicosuta:** Dance Program Director

**Elements Fitness Studio:** Group Fitness: Piloxing and Dance Cardio

**Michelle Pucci Fitness:** Private Personal Trainer and Group Fitness

**Broadway Dancer Center:** work study, front desk receptionist

## SPECIAL SKILLS

Basic Mind Body software knowledge

Trained Dancer (Ballet and Pointe, Theatre Dance and Modern)

Anatomy and Bio Mechanics of movement

Singer and Actress