

# Morgan Kuepfer

## Fitness Dossier

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### Professional Teaching Experience

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#### **Fitness Instructor**

*February 2022-present*

*Devotion Dance Academy*

- Motivating participants to set and achieve fitness goals through high-intensity, cardio Zumba workouts that condition muscles and improve balance and flexibility.
- Leading Yoga Flow classes that focus on breath, decompressing, as well as building flexibility and strength in the body and mind.

#### **Recreation Attendant**

*August 2020-December 2021*

#### **Fitness Instructor**

*August 2020-present*

*Between the Lines Sports Campus*

- Assisted patrons, provided customer service, and supervised the use of recreational and sports equipment.
- Motivating participants to set and achieve fitness goals through high-intensity, cardio Zumba workouts that condition muscles and improve balance and flexibility.
- Leading Yoga Flow classes that focus on breath, decompressing, as well as building flexibility and strength in the body and mind.

#### **Private Swimming Instructor**

*June 2020-present*

*Morgan's Private Swimming Lessons*

- Launched an entrepreneurial swimming lesson business for local families.
- Encourages students to become stronger swimmers through technique and stroke development.

### Community Teaching Experience

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#### **Head Lifeguard**

*May 2017-August 2019*

#### **Seasonal Lifeguard and Instructor**

*May 2013-August 2016*

*Atwood Lions Pool*

- Encouraged a team of lifeguards and instructors through team building, fitness training, customer service, and programming initiatives.

#### **Aquatic Supervisor**

*May 2016-August 2016*

#### **Assistant Aquatic Supervisor**

*May 2015-August 2015*

#### **Seasonal Lifeguard and Instructor**

*May 2013-August 2014*

*Milverton PERC Pool*

- Cultivated leadership from the lifeguard team to discover new ways to implement quality programs and promote water safety.

#### **SWAM**

*September 2016-April 2017*

- Instructed swimmers with disabilities to become more confident through barrier-free, one-on-one, water-safety and swimming instruction.

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### Professional Development & Certifications

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#### **Canfitpro**

Fitness Instructor Specialist

*Recertified March 31, 2022*

#### **YogaRenew**

200 Hour Yoga Teacher Training Course in Multi-Style Yoga

*February 19, 2021*

30 Hour Children's Yoga Course

*September 13, 2021*

#### **Zumba**

Zumba Basic 1

*November 21, 2015*

Zumba Glutes & Core

*April 13, 2020*

Zumba Burst

*April 14, 2020*

Zumba Rhythms 2

*January 9, 2021*

Aqua Zumba

*January 23, 2021*

Zumba Cue Like a Pro

*March 15, 2021*

Zumba Kids & Kids Jr.

*September 19, 2021*

Zumba Gold

*September 26, 2021*

Plate by Zumba

*March 5, 2022*

Social Media Foundations

*March 5, 2022*

India eLearning

*March 6, 2022*

Caribbean eLearning

*March 14, 2022*

Brazil eLearning

*March 14, 2022*

Africa eLearning

*March 14, 2022*

#### **Canadian Red Cross**

Standard First-Aid and CPR-C

*Recertified March 15, 2022*

#### **Lifesaving Society**

Advanced Instructor

*April 25, 2015*

Lifesaving Instructor

*May 15, 2020*

Emergency First Aid Instructor

*May 15, 2020*

Bronze Examiner

*May 15, 2020*

Lifesaving Swim Instructor

*May 31, 2020*

National Lifeguard – Pool

*June 2, 2019*

#### **WaterART Fitness**

Shallow Water Splash

*May 23, 2015*

Target Training Muscles

*May 23, 2015*