

Kathy Derry

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Objective

To inspire and motivate well-being. Spokesmodel, TV host, lifelong practitioner and instructor of fitness and wellness

Professional Experience & Achievements

INTERMARKETING EXPRESS & LOUD MOUTH TV PRODUCTIONS

- ◆ Television Host
 - * Product Spokesperson/On Air Talent
 - * Lead for Various Exercise Instructional Videos

FIRST CLASS FITNESS SERVICES

- ◆ Management Team
 - * Day to Day Operations
 - * Group X Scheduling & Creation of Classes
 - * Personal Training Revenue Program & Hiring
 - * EFT Growth
 - * Revenue Growth in All Departments
 - * Staff Hiring
 - * Member Growth & Retention
 - * Customer Service
 - * Four Wall Control of Facility

HENKEL CORPORATION/SODEXO

- ◆ Corporate Fitness, Health & Wellness Program
- ◆ Fitness Program Director/Personal Trainer to Management Team

ESPN 2 & FOX SPORTS NETWORK

- ◆ Created & developed show content
- ◆ Hosted and Co-Hosted Fitness Beach, Co-Ed Training, BodyShaping and PrimeBodies

STAMINA FITNESS, IMPEX

- ◆ Body Dome, Body Burner, Bun & Thigh Max
- ◆ Aeromax Band Workout, Melt It Off Weight Workout
- ◆ Fast Abs and AB Blaster
 - * Worked with all members of user ability group
 - * One on one training of clients of various sizes and abilities for their weight loss testimonials
 - * Spokesmodel and representative of products sold globally on QVC and HSN
 - * Host of fitness product infomercials
 - * Instructor on workout materials

WORLD GYM

- ◆ Assisted in opening of new facility
- ◆ Purchased and assembly of equipment
- ◆ Design and setup of juice bar
- ◆ Created training program curriculum
- ◆ Trained clients in free weight training

NEW WOMAN HEALTH CLUB

- ◆ Sales Associate
- ◆ Personal Trainer
- ◆ Instructed classes in dance aerobics, abdominal and cardio circuit training

PREVENTION, SHAPE, GLAMOUR, NEW BODY, MAGAZINE

- ◆ Fitness model
- ◆ Journalistic wellness input

THE FIRM, CRUNCH FITNESS VIDEOS

- ◆ Hosted and participated in various workout videos

Certifications

- ◆ AFAA
- ◆ Spokes Person of the Year nominee

Interests

- ◆ Yoga
- ◆ Kick Boxing
- ◆ Aerobics
- ◆ Weight Training
- ◆ Jet Ski
- ◆ Hiking
- ◆ Volleyball
- ◆ Snow Ski
- ◆ Mountain Biking