

## **Jackie Kosoff**

jackiekosoff@gmail.com - 7173832525- New York, NY

ACE CPT - CPR/AED certification

Computer skills: Microsoft Suite (Word, Excel, PowerPoint, Teams) - Zoom - MindBody - Ceridian Dayforce - Class Pass - Social Media (Facebook, Twitter, Instagram, Youtube) – Wix - Basic Editing Skills (iMovie, Garage Band, Audacity)

### **The AKT Nomad**

August 2021-Present

Founding Trainer/Instructor

- Conduct full body high intensity workouts that feature dance, band-based work, traditional strength training, and bodyweight exercises
- Lead efficient workouts for pop-up classes for various events including Instagram Takeovers for PopSugar Fitness
- Teach class material that was both provided from the company as well as trainer-choreographed
- Offer modifications and progressions for clients while still actively leading the class and keeping the energy up

### **F45 - Long Island City**

March 2021-Present

Trainer/Coach

- Lead group fitness classes rooted in cardio, strength, and hybrid style exercises in a COVID-safe setting
- Explain and demonstrate different exercises and class styles to clients in an efficient and effective manner
- Assist clients of varying levels to succeed in ways that are challenging and safe while providing personalized feedback and modifications

### **The Grind Method**

May 2020-Present

COO/Instructor

- Create hyper-focused month long dance and fitness training plans for various clients that meet their specific needs and goals while also providing constructive feedback via video
- Plan and record multiple videos per week that include explanations of workouts, PNF stretching and myofascial release exercises, and choreography for clients
- Teach live class on Zoom twice per month that incorporates both cross-training and dance training to benefit clients

### **Anthony Crouchelli Fitness**

September 2020- April 2021

Online Group Fitness Instructor

- Instructed and motivated clients all over the world for hour-long live workouts on Zoom
- Planned meticulous classes that pertain to specific muscle groups utilizing various workout styles and methods to keep clients interested
- Collaborated with other trainers to make classes cohesive and effective; marketed and promoted classes on social media to increase traffic and sales

### **Freelance Regional & International Professional Performer**

August 2017-Present

Dancer/Singer/Actor

- Lead and instruct cast members as an added responsibility of being Dance Captain while being in charge of choreography on tour
- Quickly learn and perfect choreography, music, and lines in short rehearsal periods