

LORI ALLEN

EXPERIENCE

Health clubs where I have taught group fitness, mat pilates, and indoor cycle classes from 2006-present include:

Equinox Fitness (South Bay, Santa Monica, and Marina del Rey)
Believe Fitness Studio (El Segundo) Group Pilates Reformer Classes
Spectrum Athletic Clubs (Various locations in Los Angeles)
Riviera Fitness (Redondo Beach)
Gold's Gym (Culver City)
The Gym @ Hayden (Culver City)
Marina City Club Fitness (Marina del Rey)
Manhattan Beach Country Club (Manhattan Beach)
LA Fitness (Westwood)
LMU Campus Recreation (Los Angeles)

EDUCATION

UCLA Extension, Los Angeles, CA **May 2006**
Certificate in Print and Broadcast Journalism

Loyola Marymount University, Los Angeles, CA **August 2002**
Bachelor of Arts in Television Production, Minor in Theatre Arts

CERTIFICATIONS/ SKILLS

Obtained a comprehensive Pilates certification at The Pilates Institute of Southern California in 2011. Graduated in the 2011 Group Fitness Teaching Institute and the 2012 Pilates Mat Training at Equinox Fitness. I am in the midst of studying for the American Council of Exercise Group Fitness (ACE) and National Academy Sports Medicine (NASM) certifications to build on my skills in group fitness, and personal training.

Constantly observe distinguished Pilates teachers who studied under Joseph H. Pilates and many of his protégés by researching videos on Pilates websites and publications geared for fitness professionals.

FITNESS CERTIFICATIONS: SPINNING™, SCHWINN CYCLE, YOGAWORKS™ -BAR WORKS, EQUINOX BARRE BURN, VIPR, AFAA (GROUP EXERCISE, PILATES MAT AND SUNRISE YOGA), CPR- AMERICAN HEART ASSOCIATION AND RED CROSS. KETTLEBELL CONCEPTS GROUP EXERCISE, WILLPOWER METHOD™-LEVEL 1 INSTRUCTOR.