

TERESA ANNE VOLGENAU

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Academic Background

***University of Utah:** Bachelor of Arts

*Interlochen Arts Academy: Dance

Sport Fitness and Strength Training Certifications

***National Academy of Sports Medicine (NASM)** Personal Trainer of Health and Fitness, Strength Conditioning.

***National Strength Conditioning Association (NSCA)**

*Continuing Education Workshops in Health and Fitness, including: Exercise, Training and Rehab with **Paul Chek**; **F.I.S.T.** (Functionally Integrated Strength Training) with **Mark Cibrario**; **Perform Better**; and **Power Systems** Training Programs

*Emergency Medical Technician: Salt Lake City 1996

* Member of IDEA since 1997

Professional Qualifications

***Personal Fitness and Strength Conditioning Trainer** with TAV Lifestyle; ProFitness, Los Angeles 2004-present. F.I.T. (Focus on Individual Training), San Francisco 1998-2003

***Sport Conditioning Coach:** Designer and Instructor of “**Fusion**” by TAVLifestyle, Outdoor Group Training

***Instructor of Group Fitness Classes**, including: Spinning; Triathlon Spin; SAQ (Speed Agility and Quickness); Power Moves; and Dance (Classical and Contemporary movement), San Francisco 1997-2003; Los Angeles 2004-present.

***Official Race Warm-up Coach** for LA’s Annual Huntington Disease 5k, 2006-Present

* **Instructor of Sport Specific workshops and lectures**, with *NIKE* sponsorship, at ECA Continuing Education Convention for Health and Fitness Professionals in Miami, FL, November 2000.

***Competitive Tri-athlete and Mountain Biker:** Placed 3rd in Women’s Sport, Cross Country Mountain Bike event at the NORBA National Championships; Mammoth, CA 2001. Placed within top three in numerous California Triathlon, Mtn.Bike Triathlon, and Mtn.Bike Racing events 2001-2003.

* **Ballet Instructor/Choreographer:** New World Dance Theatre -refined the technical proficiency, stamina and focus of the students and performance troupe. Salt Lake City 1996-1997.

***Independent Guest Dance Choreographer:** UT 1995-1997; CA 1998-2001. Credits include: Musical Theatre choreographer for The Grand Theatre, Salt Lake City; and NEA supported choreographer at the International Theatre Festival, Gdansk, Poland.

***Dance Workout Instructor:** Format and instruct a high-energy movement class blending numerous dance style and techniques. Body Tonic; Metropolitan Club; Concordia Argonaut Club, San Francisco 1998-2003. Pro Fitness, Pasadena 2004.

My passions have always revolved around working with and refining the human body through movement. My previous endeavors are in the realm of professional ballet, and culminated with performing contracts with the Joffrey Ballet, New York City; and the Pennsylvania Ballet, Philadelphia (1985-1991). Years of extensive training and performing experience with artistic movement and dance then led to positions as a dance instructor and choreographer. In the early 1990’s I found myself playing hard and competing by foot and bike in the mountains of Utah and Colorado. And I comfortably found my place as a personal trainer within the health and fitness industry in San Francisco during 1997. By 2000 “TAV Lifestyle” Sport Conditioning and Fitness Training was up and running strong, and I chose to move the business to beautiful Los Angeles in 2004.

In addition to a focus on “functional” strength conditioning, my knowledge and training experience extend to Individual-Sport Specific Training; Group Athletic Conditioning; Off-Season Training; Post-Rehab and Injury Prevention. And as an instructor of group fitness, I have taught classes in Spinning; SAQ (Speed, Agility and Quickness); and Dance (Classical, and Contemporary techniques).

My personal interests include laughter, a love of life and any outdoor adventures by foot, mountain bike, snowboard, skis, rollerblades, and in or on the water. Plus, I am active participant and lover of the cultural and performing arts.