

Lauren Brendel

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Education

The University of Alabama, 2021-2024

Master of Fine Arts in Acting | Graduate Teaching Assistant | Full Scholarship & Assistantship

James Madison University, 2015-2018

Bachelor of Arts in Theatre | Magna Cum Laude | Member of Honors College

ACE Certified Group Fitness Instructor

Valid First Aid/CPR/AED Certification

Orangetheory Fitness Certified Coach

Experience

Fitness Coach, Orangetheory (Brooklyn/Queens region, NYC), Feb. 2021-Aug. 2021, Aug. 2024-present

- Led participants of all ages and backgrounds through predesigned workouts while educating them on fitness principles, such as interval training, heart rate response, etc.
- Provided a personalized, memorable experience for each participant and assisted with sales

Assistant Head Coach, Orangetheory (Tuscaloosa, AL), August 2021-May 2024

- Led participants of all ages and backgrounds through predesigned workouts while educating them on fitness principles, such as interval training, heart rate response, etc.
- Provided a personalized, memorable experience for each participant and assisted with sales
- Conducted evaluations of other coaches to encourage best practices in coaching methods and ensure adherence to Orangetheory standards
- Regularly contacted new members to promote community, engagement, and higher utilization

Group Fitness Instructor, The YMCA (Chippewa Valley, WI locations), May 2024-August 2024

- Designed and led spinning classes for participants of all ages and backgrounds
- Promoted a welcoming environment through great customer service/member relations

Group Fitness Instructor, Oxford Athletic Club, June 2020-January 2021

- Planned and led boxing and spinning classes for participants of all ages and backgrounds
- Promoted a welcoming club environment through great customer service/member relations

Fitness Trainer, Fit 4 Boxing Club, December 2018-April 2019

- Planned and taught boxing-based workouts to participants of all ages and backgrounds
- Helped promote a friendly club environment through customer service and attention to detail

Group Fitness Instructor, James Madison University Recreation Center, April 2017-December 2018

- Taught several types of group exercise classes to students, faculty, and staff members of James Madison University and led workshops/classes for various university organizations
- Collaborated with peers to create unique class formats for specialty workouts and events

References available upon request.