

CURRICULUM VITAE SUSAN SPERO

HOME ADDRESS: 401 Saint Ronan Street
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EDUCATION:

- 1967-1971** **Philadelphia College of Art, Philadelphia, PA**
Bachelor of Fine Arts, Sculpture
- Philadelphia Dance Academy, Philadelphia, PA**
Focus: Kinesiology and Lab notation
- 1984-1986** **Lesley College, Cambridge, MA**
Master of Arts, Expressive Therapy
Major: Movement/Dance Therapy
- 1985** **Boston City Hospital**
Emergency Medical Technician Certification
- 1987** **ITT Technical Institute, Chelsea, MA**
Certified Automotive Mechanics
- 1990** **TAD Technical Institute, Chelsea, MA**
Certified Diesel Mechanics

PROFESSIONAL EXPERIENCE:

- 1973 – present** **Instructor – Trained to Teach**
Tai Chi Chuan, Modern Dance, Ballroom
Dance, Ballet, High and Low Impact, STEP,
Muscle Conditioning, Aqua Aerobics, Healthy
Backs, Pregnancy Class, Seniors Fitness,
Arthritis, Special Needs, Injuries, Pilates Mat,
Reformer, Cadillac, Chair and Barrel,
Gyrotonic, Gyrokinesis, Power Plate and
Zumba

Curriculum Vitae
Susan Spero

1983 – present

Corporate Fitness Consultant

Fitness services provided to such companies as Honeywell, McLean's Hospital, Millipore Corp., Shawmut Bank, and Genetics Institute. Advise and assist with the purchasing of exercise equipment as well as teaching classes.

1984-1994

Middlesex Health and Fitness

Director of Aerobic Activities

1990-present

CEC Provider

ACE & AFAA

1990-1999

Basic Training

Aerobic Instructor Training
8 week Prep Program for Certifications
Advanced Instructor Training Programs

1991-1996

Harvard Business School

Aerobic Coordinator
Hire, train and supervise instructors
Coordinate special events, in-house training

1991-present

Harvard University

Personal Trainer, Consultant and Speaker

2001-present

Yale University

Personal Trainer, Pilates Mat Instructor

2001-present

Owner and operator

p2 pilates plus studio, New Haven, CT

2001-present

Fellowship Place

Volunteer to teach movement classes to mentally challenged adults

REFERENCES:

available upon request

PROFESSIONAL EXERCISE CERTIFICATIONS

- 1986** **Aerobics & Fitness Association of America (AFAA)**
General Instructor Certification
Low Impact Certification
- 1987** **American Council on Exercise (ACE)**
General Instructor Certification
- 1991** **American College of Sports Medicine (ACSM)**
Health & Fitness Professional
Certifications of Enhanced Qualifications
Advanced Personal Trainer
Exercise and the Older Adult
Nutrition and Exercise
- 1996** **Aquatic Exercise Association (AEA)**
- 1997** **People with Arthritis Can Exercise (PACE)**
- 1999** **Physicalmind Institute**
Mat Certification
- 2002** **Physicalmind Institute**
Pilates Equipment Certification
- 2003** **Stott Institute**
Mat and Reformer Certification
- 2005** **Stott Institute**
Advanced Certification in equipment and special populations
- 2005** **Power Pilates**
Mat Certification
- 2006** **Power Pilates**
Pilates Equipment Certification
- 2007** **Pilates Method Alliance**
Gold Star Certification
- 2007** **Power Plate, Vibrational Technology training**

PROFESSIONAL EXERCISE CERTIFICATIONS (continued)

2006	Gyrokinesis Level I Instructor
2008	Gyrotonic Expansion System Level I Instructor
2009	Zumba Certification
2010	Kundalini Research Institute Level One Instructor of Kundalini Yoga
2011	TRX Suspension System Group Training
2013	Kundalini Research Institute Level II instructor
2014	Ayurveda Foundations Training
2016	Gyrotonic Expansion System Level II