

CELIA PAYNE

Accomplished Teacher and Functional Movement Coach,
Specializing in Customized and Accessible Classes.



10,000+ TEACHING HOURS

Functional Movement, Rehabilitation, Older Adult Fitness, Pilates, and Yoga Instruction:

CURRENT

Pilates, Yoga, Group Fitness, Women's Only Classes

2016 - Present: *Movati Athletic*

Specialty Fitness Instructor

2016 - Present: *The Co-operators*

Older Adult Fitness, Pilates

2014 - Present: *City of Guelph*

PAST

2015 - 2018: Guelph Lake Commons Retirement Home

2015 - 2018: McNeil Consumer Health Care

2015 - 2017: Pilates in Guelph Studio

2012 - 2015: City of Toronto

2012 - 2015: Toronto Cricket Skating and Curling Club

2012 - 2014: York University

2012 - 2014: Ahmadiyya Muslim Community Mosque

2012 - 2014: Downsview Services for Seniors

2011 - 2014: York Fairbank Centre for Seniors

EDUCATION

FORMAL

TEFL (ESL) Certification

Graduating: *University of Toronto (OISE)*

Fitness Leadership Certification

2019: *Seneca College*

English Degree, Specialized, Honours

2011: *York University*

CERTIFICATIONS

Pilates Teacher

2015 - Present: *Body Harmonics Pilates*

Ashtanga, Hatha, Classic, Restorative, Hot

2011 - Present: *Canadian Yoga Alliance*

CPR and First Aid: Adult; Child; AED

2010 - Present: *Certified*

Hot Yoga Instructor

2013 - 2014: *Moksha Yoga*

Mind/Body Specialist

2011: *Canfitpro*

CONTINUING EDUCATION

33 workshop and/or certification credits

2010 - 2018: *Annual Yoga Conference*

I am insured and my classes are wildly popular, fun, and grow attendance.

Full Resume at CeliaPayne.com/resume



CeliaPayne.com



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