

Jay Co

Santa Monica, CA 90405 • fatguy@yourfat.org

PROFILE

- Experienced in the fitness, service, education, and retail industries.
- Certified Instructor of Bruce Lee's Jun Fan Gung Fu/Jeet Kune Do (Chinese kickboxing), with training in 6 other martial arts over 19 years.
- Certified Instructor of Hatha Yoga (BSY), with 9 years of "Power" Yoga experience.
- Certified Instructor of Budokon, a system of integrated yoga and martial arts
- Certified Personal Trainer (NASM and NCSF)
- Certified First Aid/CPR (American Red Cross).
- Author of the health/nutrition book, YOUR FAT (www.yourfat.org)

EXPERIENCE

SANTA MONICA POWER YOGA contact: Bryan Kest, 310-458-9510
Yoga Instructor.....May 05 – Sept 06

- Teach classes to mixed groups of new and experienced students (level 1-2), as well as classes for more experienced students (level 2, level 2-3).
- Recruit new students.
- Close and secure the studio at the end of the night.

SANTA MONICA YOGA contact: Bruce Bair, 310-396-4040
Yoga Instructor.....April 05 – Sept 06

- Perform similar duties as described under "Santa Monica Power Yoga" above.

MERIDIAN SPORTS CLUB, Century City, CA contact: Deb Praver, 310-789-1111
Yoga/Kickboxing Instructor.....Apr. 04 – Sept 06

- Introduce students to concepts of balanced mind/body fitness.
- Yoga – Demonstrate postures and proper breathing techniques within a "power" flow.
- Kickboxing – Demonstrate striking techniques and fight strategy within a cardio/heavybag format.

BODIES IN MOTION, Santa Monica, CA contact: Kim Masinter, 310-836-8000
Yoga/Kickboxing InstructorSept. 03 – Sept 06

- Assisted in establishing new procedures during the opening of a new facility.
- Perform similar instructor duties as described under "Meridian Sports Club" above.
- Act as Program Director when needed by management.

R.C. S.O.M.A., Santa Monica, CA contact: Ray Copeland, 310-392-2477
Kickboxing/Yoga Instructor.....March 00 – July 04

- Taught traditional (functional) martial arts, sparring, and yoga classes
- Handled new student orientation, including:
 - demonstrate proper use of equipment.
 - review rules and procedures.
 - evaluate fitness and coordination levels.
- Developed new drills and exercises.

BAREFEET RETREAT, Charleston, WV contact: Nikki Hoyer, 304-444-9667
Yoga Consultant.....Nov. 01 – March 02

- Consulted on opening a fledgling business.
- Collaborated on early design and marketing identity.
- Assisted in creating class schedule.

EQUINOX FITNESS, SPORTS CLUB LA – substitute yoga, budokon, kickboxing

EDUCATION

GEORGETOWN UNIVERSITY, Washington, D.C......Sept. 93 – May 97

- Bachelor of Science in Biology.