

MICHAEL T. LEWIS

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Professional Experience

Hollywood Atrium Club: Fitness Director /Trainer Instructor 1995-Present
Head To Toe Fitness: Manager/Aerobic Director 1991 - 1996

Education

Adelphi University, Long Island, NY, 1981-1983
US Marine Corps., Greensboro CC, North Carolina 1976-1980

Presentations

East Coast Fitness Alliance 1993, 1997
City Sports/Metro Sports/City of Hope 1993, 1994
Muscular Dystrophy 1992
Hofstra University (Guest speaker on running Marathons & use & benefits of exercise) 1981

Competitions

Long Island National Aerobic Champion 1987-1989
Brighten Beach Aerobic Competition; 3rd place Men's Single 1989
Sundance Aerobic Competition; 2nd place regional 1990

Certifications

ACSM Health Fitness Instructor
NASM Certified Personal Trainer
NSCA Certified Personal Trainer
ACE "Gold Award" Personal Trainer Certification
NFPT National Federation of Professional Trainers
AAHFP Post Rehabilitation Conditioning Specialist
MadDogg Johnny G, Spinning, Phase 3 Certified Spinner
Resist A Ball Certification Core Level I & II
Resist A Ball : Master Instructor
CHEK Chek Institute Swiss Ball Certification
CHEK Chek Institute Scientific Core Conditioning Certification
CHEK Chek Institute Advanced Rehabilitation Swiss Ball Training
ISCA Certified Kickboxing Certification I & II
ISCA Lower Body Resistance Tubing Certification
ISCA Upper Body Resistance Tubing Certification
AFAA Kickboxing Certification Specialist
Indoor Cycling Specialist
Primary Certification Specialist
Resistance Training Certification Specialist
AFAA Examiner for Step, Aerobic & Kickboxing Certifications;
AFAA Emergency Response; Low Impact; Master Certification; Personal Training; Weight
Room and Resistance Training, Aerobic,&
Step Certifications, Injury Prevention & Exercise, National Board Review Course

Subjects of Study: Eating Disorders, Pre – Natal, AFAA CEC-Provider, Senior Fitness
CPR – Basic Life Saver, Nutrition

Workshops:

Trainer for Aerobic & Personal Trainers Exam 1987- Present
Master Class Presenter 1989-1996

SPECIAL INTEREST:

Fitness through Knowledge - Knowledge is Power
Teaching Others How to Teach : A Trainer's TrainerReferences available upon request

