

Mr. John D. Anderson Jr.

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Owner / Creator

Real Recess Fitness – Online

Started as a subcontractor with one client and within 2 years was renting 7500sq ft with 100+ visits per week and five trainers on staff. Developed a skill progress chart that teaches clients how to move, feel, and look better in 3 months using home equipment. Moved from physical facility (Functional Playground) in Altoona to online for corporate wellness. Special programs include: Fitness Pentathlon, Strong Kid Comp, Sanity Saturdays, Good Life Expo, Youth Activity Registration, TriObstaClon, MAQMOE, Fit Tours, and Fitness Vacation Seminars.

February 2009 - Current

www.RealRecess.com

Owner / Coach

Stunt Doctor – North Americas

Private and team acrobatic lessons for Cheer, Dance, Baton, and Gymnastics athletes. I prescribe drills to enhance athletic skills as a former Certified Strength and Conditioning Specialist. Training started with a company called Universal Cheerleading Association. Earned safety certifications through AACCA and USASF. Have coached multiple National Championship teams as well as been a part of Pittsburgh Superstars team that placed 7th at the World Cheerleading Championships. Offer 10 hours of winter lessons and 30 hours of summer lessons per week.

January 2000 - Current

www.StuntDoctor.com

Fitness Instructor, Spa Concierge, Waiter

The Lodge at Woodloch - Hawley, PA

The 8th Best Destination Spa in the World as ranked by Conde Nast Travel magazine. Started as a waiter serving meals to 8 tables at a time in a 32-table 4-star restaurant. Also a fitness instructor: Tabata, Rock Bottom, Cardio Blast, BOSU, & more. Finally, scheduled classes and spa treatments for guests as a spa concierge. All positions together total 60-70 hours a week. Teamwork and customer service were necessities.

May 2013 - July 2014

www.TheLodgeatWoodloch.com

Program Director

Woodward Camps, Inc. - Woodward, PA

Hired and managed 50 summer camp staff for long-term growth and profit. Worked with X-Games athletes, Olympic athletes, and Cirque Du Soleil performers. Developed and implemented promotional and marketing strategies from 2006-2008 resulting in a camper registration increase of 268% in those three years. Designed floor plans and placed equipment orders for new gym built winter '06. Travel involved national conferences.

June 2005 - May 2008

www.campwoodward.com

PROFESSIONAL ACHIEVEMENTS

- Current Certified Health Coach through the American Council on Exercise through 2018
- Earned Certified Strength and Conditioning Specialist (CSCS) certification in 2002 through the NSCA
- Holds the American Association of Cheerleading Coaches and Administrators Safety Certification through 2018
- Passed the Board of Certification's exam to become a Certified Orthotic Fitter in December 2011
- Earned TRX (Total body Resistance eXercise) Group Fitness Instructor certification in December 2010
- Current American Red Cross - First Aid, CPR, and AED certified. Former ARC Certified Lifeguard
- Became an Eagle Scout in 1998, completing an extensive service project involving an outdoor fitness center

SKILLS & ABILITIES

- Understands systems and evaluates where improvement can be made then creates a plan and carries it out
- Excellent interpersonal and communication skills instructing individuals and large audiences no matter the size
- Coaching skills have developed and matured into teaching life lessons intertwined with the activity of interest
- Has written script and campaigns for multiple TV, Radio, Internet, Newspaper, and Magazine advertisements
- Proficient in Microsoft Office and social media: Google Applications, Facebook, Twitter, YouTube, Instagram

EDUCATION

West Chester University of Pennsylvania

B.S. in Kinesiology - Fitness Specialist, Minor in Coaching | Activities: Cheer, Track, and Intramurals

August 1998 - August 2002

Arizona State University

Continuing Education Classes in Leisure Studies | Activities: Cheer and Entrepreneur Club

August 2005 - May 2006