

Frank Naranjo

PMA #14653 Exp Date: December 21 2017

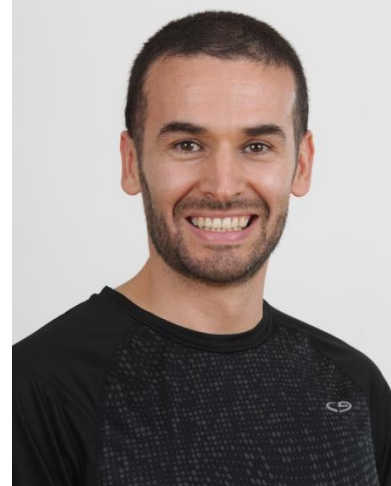
Balanced Body Pilates Faculty Teacher

Fletcher Pilates Qualified Teacher

Balanced Body Pilates Qualified Teacher

BA Physical Education and Sports

MA Training



Education and Professional degrees

- Bachelor Degree in Physical Education and Sports– 2004
Universidad Pedagógica Nacional (Colombia)
- Master in Training - 2006
Universidad Nacional de Córdoba (Argentina)

Fitness Certifications

- Spinning Program Orientation – July 2001
Mad Dogg Athletics
- Spinning International Convention - December 2001
JGSpinning
- Spinning Program Update - 2003
JGSpinning

Pilates Education History

- Pilates Mat Instructor – 2006
Pilates Academy (Colombia)
- Pilates Circuit Training Program - 2008
Soul Pilates (Argentina)
- Pilates Mat & Reformer Qualified Instructor - 2011
Balanced Body
- Pilates Apparatus (Trapeze, Chair, Barrels) Qualified Instructor– 2013
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- Fletcher Pilates Qualified Teacher - 2015
Fletcher Pilates
- Pilates Faculty Training - 2016
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Recent Pilates Workshops

- Licensed Provider (Towelwork, Floorwork, Barrework) - April 2014
Fletcher Pilates
- TheraPilates for Osteoporosis – March 2015
Sherry R. Betz
- Fletcher Pilates Conference – May 2015
Fletcher Pilates
- Pilates on Tour Sacramento – July 2015
Balanced Body

Resume

I have a Bachelor Degree in Physical Education and Sports (2004), with a Master in Training (2006). Between 1998 and 2005 I attended several Courses, Conventions, Workshops and Conferences in different Training Methodologies. My first approach to the Pilates world was in 2003 with Polestar, in which I was mentored by the owner of the studio where I worked. In the meantime, I studied Stott Pilates manuals and videos on my own.

In 2008 I finished my first Comprehensive Program with a Pilates School from Argentina called Soul Pilates. In 2009 I began my certification process with Balanced Body, completing Mat and Reformer in 2011, and Apparatus in 2013, becoming a Fully Qualified Balanced Body Pilates Instructor.

In 2014 I arrived to Tucson AZ to start the Comprehensive Program with Fletcher Pilates completing it in 2015 becoming a Fletcher Pilates Qualified Teacher. Soon after that I became PMA Certified Pilates Teacher and in 2016 I moved to Sacramento CA to do the Pilates Faculty Training with Balanced Body.

I have worked in the fitness industry since 1998 as a Personal Trainer and Group Class Instructor in several Gyms, Sport Centers, Clubs and Pilates Studios in Bogota, Colombia. Besides, in some of these places, between 2005 and 2012 I taught several workshops about Indoor Cycling and Functional Training.

In 2009 I opened my own Pilates Studio in Bogotá where I worked full time until 2014. Here I began my own Pilates School offering 4 complete trainings between 2011 and 2014. I also developed a special Pilates Program for Athletes (Cycling, Climbing, Golf and Tennis) that I taught in an International Pilates Convention to which I was invited in Bogota in 2013.

In 2015 I worked in Body Works Pilates as a Pilates Teacher in Tucson, AZ.