

KYLIE G. GROGAN

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Downers Grove, IL ~ (708) 497-0494

SUMMARY OF CERTIFICATIONS

- First Aid/ CPR/ AED, American Red Cross
- RYT 200 Yoga Teacher Certification, Rising Lotus Yoga Studio, May 2017
- Reiki Practitioner Level 2, April 2017- Present
- Various Continuing Education
- ACSM Personal Trainer
- Yoga Therapy In-Training IAYT
- FMS Movement Efficiency Training
- Exercise Is Movement Certification

EDUCATION

Bachelor of Science in Exercise and Movement Science
Lewis University, Romeoville, IL

Graduated: May 2019
GPA: 3.73/4.0

FIELD EXPERIENCE AND INTERNSHIP

- Completed (20) hours at LC Wellness, Corrective Exercise, Naturopathic Doctors Office
- Completed (40) hours in the Athletic Training room and at games at Romeoville High school
- Completed (150) hours Athletic Training clinical experience at Lewis University
- Completed (250) hours interning at Kinema Fitness, Corporate Wellness, Holistic Wellness, Personal Training
- Fundamentals of Coaching Behavior, A Nutritionists View Program, Intro to Osteoporosis, Efficacy of Exercise, Pyramid Resistance, Corrective Exercise, Attentional Focus Cueing, Injury Prevention, What the Doctor Ordered

WORK EXPERIENCE

Personal Trainer, Yoga Teacher
Downers Grove Park District, IL

September 2020 - Present

- Teach yoga and meditation classes
- Conduct Specialized Personal Training Sessions
- Corrective Exercise

Health Fitness Specialist

Nokia, Naperville, IL

May 2019 – December 2020

- Conduct personal training sessions and group fitness classes
- Run programs
- Administrative/ Managerial work
- Virtual classes and programming

Yoga Teacher

Rising Lotus Yoga Studio, Homer Glen, IL

May 2017- Present

- Specialize in Gentle Yoga and Hatha Yoga styles, and lead classes of all levels
- Teach students correct alignment to ensure maximum benefit and safety
- Work with students of all types to create customized adjustments that increase well being
- Teach intensive yoga workshops for back pain, anxiety, and stress relief
- Develop promotions to increase participation
- Teach private sessions, and create specific plans for their body

HONORS AND AWARDS

- *Recipient*, Bishop Sheil scholarship, 2016-2018
- *Recipient*, High Honors, Robert Morris University, 3 semesters
- *Recipient*, Deans List, Lewis University, 7 semesters

LEADERSHIP, ACTIVITIES, AND VOLUNTEER EXPERIENCE

- *Member*, Lewis University Student Outdoor Adventure Club, 2016 - 2018
- *Volunteer*, Chicago Food Depository, December 2016
- *Volunteer*, Morning Star Mission, Spring 2017
- *Volunteer*, IVHQ Sea Turtle Conservation, Summer 2017

LANGUAGE AND COMPUTER SKILLS

- Proficient in Microsoft Word, PowerPoint, Excel, and social media