

Olivia Howell- Lewis

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913-706-1617

Experience

Spin Instructor, Workout Factory (2019-Present)

Spin Instructor for beat-based indoor cycling classes; SpinBeats and SpinCore. SpinBeats is a 45 minute high-energy, choreography-focused class. SpinCore consists of 20 minutes of cardio-focused bike choreography accompanied with a 20 minute pilates-style ab and arm workout.

Substitute Spin Instructor, ClubFitness (2019-Present)

On Call and Substitute Spin Instructor for any spin class at Club Fitness gym. Creates HIIT style, challenging playlists for a fun and focused workout.

Hydroxycut Fitness Model (February 2018-June 2018)

Model and Contestant in 17 week weight-loss and exercise program. With nutrition consultation and daily exercise routines, lost a total of 23 lbs in 17 week competitive program.

Education

Stephens College, B.F.A. in Theatre Arts

Schwinn Indoor Cycling Certification (March 2019)

Cyc 4-week Intensive Training (120+ hours)

Skills

Actress, Public Speaking, CPR-certified, Knowledge of BPMs and Heart Rate, Ability to cut songs and formulate playlists

References

Martin (Workout Factory): 917- 208- 5427

Lisa (Character Reference): 678-640-1611

