

Iva Lehane

137 Arlene drive, Walnut Creek, CA 94595, (650) 303 - 8494

Objective Navigate clients through their personal fitness journey, inspire, motivate and guide them and help them to fulfill their fitness and wellness goals. With a life long passion and experience in gymnastics and acrobatics, my focus is on strength training to meet each client's needs.

Work and Sport Experience Bayhill Gym and Fitness, San Bruno, CA

- 1998 – 2013 – Class instructor and Personal Trainer
- 2013 – present - Working with private clients

Former competitor and member of WRRRC

(World rock'n' roll confederation) – 1991-1996. www.wrrc.org

Achievements Fitness and acrobatics competitor

- 1995 World masters in Vienna, Austria, in acrobatic rock and roll
Video link: <https://www.youtube.com/watch?v=1qChi6QKlI8>
- 1999 Folsom Fitness Extravaganza (fitness America pageant) – national qualifier
- 2002 Diamond Nutrition NPC San Francisco, Figure and Fitness championship, 2nd place.
- U.S. National Aerobic Championship, Club Cub Champion, Western open, March 4th, 2000.

Education American council on exercise, personal trainer certification
(certification # T152263)

Bachelor of science in Business administration and Management, San Francisco State University, 2002

B.A. in business statistics, Slovak Economic University, Slovakia 1998

