

# Tamsey Smith

## Group Fitness Instructor and Educator

### PROFILE

Experienced and accomplished ACE and AFAA certified group fitness instructor. Elite/Advanced level Les Mills Instructor and Presenter. Leads dynamic, effective and engaging fitness classes and educational presentations for large and small groups of varying ages and fitness levels, to both live and virtual audiences.

### EXPERIENCE

**GROUP FITNESS INSTRUCTOR, SPORTSCENTER; CONCORD, NC 2012-PRESENT**  
Teach Les Mills BODYPUMP, mat Pilates, HIIT and Barre on a weekly basis and as needed.

**GROUP FITNESS INSTRUCTOR, GOLD'S GYM; CHARLOTTE, NC 2014-PRESENT**  
Teach Les Mills classes (BODYPUMP, RPM, GRIT, SPRINT), Barre, HIIT, and mat Pilates on a weekly basis and as needed in the Charlotte area Gold's Gym network including Harrisburg and Concord locations.

**GROUP FITNESS INSTRUCTOR, ATRIUM HEALTH; CONCORD, NC MARCH 2015-MARCH 2020**  
Teach Les Mills Classes (RPM, BODYPUMP, GRIT), HIIT and mat Pilates on a weekly and as needed.

**GROUP FITNESS DIRECTOR, GOLD'S GYM EPICENTRE; CHARLOTTE, NC 2017-2019**  
Responsible for managing a team of 50+ instructors, creating a monthly class schedule, assessing maintenance needs, facilitating instructor training and completing various administrative tasks associated with managing a department.

### EDUCATION

**UNIVERSITY OF WEST FLORIDA – B.A. IN EDUCATION, 2003**

**AFAA GROUP FITNESS CERTIFICATION – 2012**

**ACE GROUP FITNESS CERTIFICATION – 2019**

### SKILLS/CERTIFICATES

CPR/AED certified.

Les Mills - RPM Nationals Presenter, GRIT National Presenter, BODYPUMP Elite Instructor, SPRINT instructor.

Reebok/Les Mills Sponsored Athlete 2020.

AFAA Mat Pilates trained.

Fluidity Barre and Barre Above trained.

Proficient and creative freestyle HIIT, Bootcamp, Barre and Pilates class planner.

704-796-1857  
**PHONE**

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**ADDRESS**

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**EMAIL**

## REFERENCES

Angie Austin, Group Fitness Director - Gold's Gym, Concord, NC. [aaustin@goldsgym.pro](mailto:aaustin@goldsgym.pro).  
704-223-2703

Holly Westbrook, Owner - Motion Dance Studio, Concord, NC. [hlwdance@aol.com](mailto:hlwdance@aol.com).  
704-467-7555

Teri Furr, Executive Pastor - The Refuge Church, Kannapolis, NC. [teri.furr@therefuge.net](mailto:teri.furr@therefuge.net).  
704-788-2400.