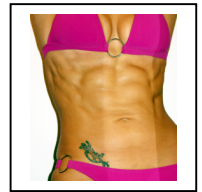


Katherine Adamenko

Iron Kat Fitness and Movement

www.KatherineAdamenko.com / KatherineAdamenko@gmail.com / (212) 229-7566



Objective: My passion is to inspire people of all ages and levels to achieve freedom, strength, and joy through innovative fitness and movement practices.

Certifications

- **intenSati** (Group Fitness Certification - Patricia Moreno, www.Satilife.com)
- **NSCA-CPT** (National Strength and Conditioning Association - Certified Personal Trainer)
- **EFTI Master Instructor** (Equinox Fitness Training Institute – Geralyn Coopersmith, MA)
- **EFTI Tier III** (Equinox Fitness Training Institute – Anatomy, Physiology, Kinesiology, Advanced Program Design)
- **FMS** (Functional Movement Screening – Gray Cook, MS, OCS, CSCS and Lee Burton, PhD, ATC, CSCS)
- **Pre/Post Natal** (with Annette Lang, MS, NASM) ▪ **CPR-AED**

Specializations

- Strength, circuit, sports-specific training
- Post rehabilitation, seniors, and special needs
- 25+ years dance (ballet, modern, lyrical, Butoh)
- Flexibility, body awareness, and stress relief
- Special events and wedding preparation
- 15+ years Yoga (Hatha, Ashtanga, Vinyasa)

Experience - Fitness

Personal Fitness Trainer, Equinox Fitness – New York, NY 2005 - Present

Design and implement tailored exercise programs and fitness assessments at elite New York City exercise facility.

- Specialize in resistance, core, cardio circuit, flexibility and one-on-one yoga and Pilates mat sessions.
- Sports specific training includes cycling, running, basketball, tennis, golf, archery, and surfing.

At-Home Personal Trainer, IronKat Fitness and Movement 2006 - Present

Design and implement tailored exercise programs specially adapted for in-home training.

- Specialize in resistance, core, cardio-intervals, flexibility, and yoga and Pilates mat sessions.

Experience - Creative Movement

Multiple Locations (USA and UK) 1990 - Present

Creative Movement Teacher, Workshop Leader and Yoga Instructor

Provide creative movement, physical theatre, and drama workshops and classes to children, adolescents, and adults.

- Extensive experience with special needs, adapting curriculum to enhance motor skills, coordination, stress relief, body awareness, creative thinking, and play.
- Locations include the Bright Horizons, NYC Board of Education, National Dance Institute, Vangelina Theatre, University of California, Davis, and Creative Arts Expressions. (*Full list available*)

Education

University of Essex, Colchester, England 1995-1997

M.A. Contemporary Theater Practice

- *With Distinction/Highest Honors*

Rutgers University, New Brunswick, NJ, 1986-1991

B.A. Dance and B.A. Joint Political Science/History

- *GPA 3.3/4.0 Dean's List*

Training

Butoh: Diego Piñon, Akira Kasai, Ko Murabushi **Modern:** Paul Taylor Co., José Limón Co, **Ballet:** ABT, Joffrey Ballet

Acting US: Sandy Morris (HB Studios), Gene Frankel **Acting UK:** Jean Marlowe, Mike Alfreds, Actors Center London

Physical Theatre: Paul J. Curtis (American Mime Theatre), Zofia Kalinska (Kantor), Irina Brown (M. Chekhov)

Awards

- Overall Champion, Ms. Rutgers Bodybuilding Competition, 1988
- Middleweight Champion and Overall Best Poser, New Jersey Classic, 1988
- Overall Best Poser and Middleweight Runner-Up, National Collegiate Bodybuilding Championships, 1989

Publications / Inclusions

- Equinox Fitness "Ask the Expert," [Teen Vogue Online](#) and [Fitness Magazine](#).
- "Get Fit, Stay Fit," columnist, www.speakezmag.com, 2006 - 2007.
- Melfa, Frank A. [Bodybuilding: A Realistic Approach](#), Power Writings: NJ, 1995.

References Available Upon Request / www.KatherineAdamenko.com

