



# Katherine Adamenko



## Iron Kat Fitness and Movement

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**Objective:** As a strength and movement specialist, my passion is to inspire and motivate people of all ages and levels to gain strength, attain freedom, and achieve joy through innovative classes and sessions.

### Certifications

- **intenSati** (Group Fitness Certification - Patricia Moreno, www.Satilife.com)
- **NSCA-CPT** (National Strength and Conditioning Association - Certified Personal Trainer)
- **EFTI Tier III Trainer and Master Instructor** (Equinox Fitness Training Institute – GERALYN COOPERSMITH, MA)
- **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** / ▪ **Liability Insurance**

### Specializations

- Strength, conditioning, post rehab, special pops
- 25+ years dance and 15+ years yoga
- Flexibility, body awareness, and stress relief
- Special events and wedding preparation

### Experience - Fitness

**Fitness Expert, Divabetic™**(www.Divabetic.com) **Multiple Locations, USA** 2009 - Present  
Present fun and engaging choreographed dance and fitness routines for women with diabetes throughout the USA.

**intenSati™ Group Fitness Instructor, Multiple Locations, New York, NY** 2008 - Present  
IntenSati is a revolutionary workout fusing high-energy aerobics, martial arts, dance, yoga, and strength conditioning.

- Spoken affirmations combined with simple choreography provide an exhilarating workout, mind, body and soul.

**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.

**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, sports-specific, and 1-on-1 yoga and Pilates mat sessions.

### Experience - Creative Movement

**Multiple Locations (USA and UK)** 1990 - Present  
**Creative Movement Teacher, Workshop Leader, Yoga Instructor, and Professional Dancer**  
Provide creative movement, physical theatre, and drama workshops and classes to children, adolescents, and adults.

- Emphasis special needs, enhance motor skills, coordination, 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 and Training

**University of Essex, Colchester, England** 1995-1997 **Rutgers University, New Brunswick, NJ**, 1986-1991  
M.A. Contemporary Theater Practice (Highest Honors) B.A. Dance and B.A. Joint Political Science/History

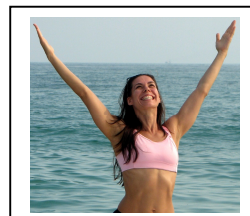
**Butoh:** Diego Piñon, Akira Kasai, Ko Murabushi **Modern:** Paul Taylor Co., José Limón Co, **Ballet:** ABT, Joffrey Ballet  
**Physical Theatre:** Paul J. Curtis (Mime), Zofia Kalinska (Kantor), Irina Brown (M. Chekhov) **Acting US:** Gene Frankel

### 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

### Published Writing (partial list)

- Sati Lifestyle, Editor-in-Chief, www.Satilife.com (current)
- The intenSati Method by Patricia Moreno, Technical Writer, Simon and Schuster, 2009
- 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](http://www.KatherineAdamenko.com)