

Marie Morel-Seytoux

Related Work Experience

4/02 – Present Lakeridge Athletic Club El Sobrante, CA

- Designed and teach ongoing Prenatal and Postnatal Mom & Baby exercise classes.

6/01 – Present Family Hilltop YMCA Richmond, CA

- Designed and teach Prenatal and Postnatal Mom & Baby exercise series classes.
- Created and provide two informational workshops to members: “Exercise During Pregnancy” and “Exercise After Childbirth.”
- Teach Aerobics Combo and Circuit classes 2 times per week. (11/01-Present)
- Teach various classes as a substitute instructor. (6/01-present)
- Available for personal training for pregnant women and new mothers.

4/01 – 7/01 Lady Fitness Plus Richmond, CA

- Taught prenatal exercise classes 3 times per week.
- Designed, proposed, and marketed new prenatal fitness program.
- Taught Blast-off (low impact) and Stretch & Tone classes as a substitute.

7/94 – 2/01 PrecidioCommunity YMCA San Francisco, CA

- Taught 2-5 classes per week including the following types of classes: Total Tone, Upper Body, Power Tone, Cardio Lo, and Intermediate/Advanced Step.
- Helped in hiring process for Aerobics Coordinator position by interviewing candidates and providing recommendations to the Fitness Program Manager.

Related Certifications

Certified Group Fitness Instructor

- American Council on Exercise, Level II (Since 8/00)
- American Council on Exercise, Level I (8/96 – 7/00)
- YMCA (1994-2001)



CPR

- Adult, Infant, & Child - Medic First Aid (Since 3/01)
- Adult - American Red Cross (1992-2000)

Basic Maternity Health & Fitness Certification

- Prenatal and Postpartum Land Certification by MOTHERWELL (Since 8/01)

Continuing Education

Various Courses and Workshops

- MOTHERWELL Basic Maternity Health & Fitness (8/01)
- Exercise and Pregnancy (10/00)
- YMCA Choreography Workshop (9/00)
- Scientific Abdominal Training (8/00)
- Advanced Flexibility Training (8/00)
- The Step Formula (1999)
- Core Step & Sculpt (1999)
- Stretching Yourself (1999)
- Biomechanics II – Lower Body, Core, & Upper Body (1998)
- Breathe, Stretch, & Relax (1998)
- Blast of Sculpt (1996)
- IDEA Day (1995)

**Additional Work
Experience**

- 3/94 – 3/01 Fair, Isaac and Co. San Rafael, CA**
- Seven years experience providing applied mathematics and statistics consulting to finance companies.
 - Career progression:
 - Director, Market Driven Product Development (12/00 – 3/01)
 - Director, Custom Credit Bureau Analytics (2/00 – 11/00)
 - Senior Project Manager (10/99 – 1/00)
 - Project Manager (4/97 – 9/99)
 - Associate Project Manager (7/95 – 3/97)
 - Project Analyst (3/94 – 6/95)

Education

Master of Science, Operations Research (December 1993)
Stanford University, Stanford, CA

Bachelor of Science, Mathematics (May 1990)
Willamette University, Salem, OR
College Honors: Fall 1989, 1990