



Jamie G. Smith
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EDUCATION:

B.S., Exercise and Sport Science – 1997
Colorado State University
Fort Collins, CO

TRAINING:

- **20 Years of dance experience** including Jazz, Modern, Ballet, Lyrical, Hip Hop, Latin Ballroom
- Dance Major at the **University of Idaho (Moscow, ID) ~ 1990 - 1993**
- Dance Major on Exchange at **University of Brighton (Eastbourne, England) ~ 1993**

STRENGTHS/AREAS OF EMPHASIS:

- **Creating & Choreographing Workshops** for **Latin Blaze®** and other Genres of Dance – especially geared to **fitness classes**
- Training others how to **break down difficult/technical choreography** to teach to all levels
- Making/creating **personal connections**, producing **community, change** and **completeness**

VOLUNTEER/PRESENTATIONS/OTHER:

- **Presenter/Educator** for **Latin Blaze® Workshops** ~ 2008
- **Featured on Channel 2 News** Morning show ~ 2008
- **Corporate Fitness Instructor** for Lockheed Martin ~ 2008
- **Fitness Coordinator** for Sports Ministry, The Rock Church, Colorado ~ 2008
- Presenter for **Kickboxing and Salsa Demonstrations**, Colorado ~ 2006-2008
- Presenter for **Health and Wellness Seminars**, Nationally ~ 2004-2006

PROFESSIONAL CERTIFICATIONS/AFFILIATIONS:

- **Creator** of the **Latin Blaze®** fitness class and workshops – 2008
- **ACE CEC provider ~ 2008, 2009**
- **AFFA CEU Provider ~ 2009**
- Group Fitness Instructor; American Council on Exercise (**ACE**) ~ 1997–Present
- Ensemble Member with **The Dance Movement Company** ~ 2007-2008
- **Les Mills** Certified Instructor, **BODYCOMBAT™** ~ 2008-Present
- **ECA** Member 2007-Present
- **IDEA** Member 2007-Present

INSTRUCTOR EXPERIENCE:

Village Fitness; 880 Happy Canyon Road, #100, Castle Rock, CO 80108

- Group Fitness Instructor ~ 2006 - Present
- Instructor and creator of **Latin Blaze®**. Instructor for **BODYCOMBAT™**, Kickboxing, Spin, Strength and Sports Conditioning Classes

Castle Rock Recreation Center; 2301 North Woodlands Blvd., Castle Rock, CO 80104

- Group Fitness Instructor ~ 2004
- Instructor for Cardio Groove, Spin, Strength and Sports Conditioning Classes