

Heidi G. Irons
Pilates & Related Experience

- 12-30-2002 **One Year Dance Focus**
Mercyhurst College, Erie PA
- 06-01-2003 **Two seasons of practice as Pilates Mat Instructor**
ABSolute Pilates, Lancaster,PA
- 01-30-2004 **Team Captain Mercyhurst Cross Country Team**
Mercyhurst College, Erie PA
- 04-30-2004 **Pilates Phase I & II Certified**
American Aerobics Association International (AAAI)
- 04-30-2005 **Certified Spinning Instructor**
Mad Dogg
- 05-01-2005 **Four Years on Mercyhurst Cross Country Team**
Mercyhurst College, Erie PA
- 05-01-2005 **Bachelor of Science, Sports Medicine**
Concentration: Health and Fitness Promotion
Mercyhurst College, Erie, PA
- 12-01-2005 **Certified Weight Training Consultant**
American Aerobics Association International (AAAI)
- 10-01-2006 **CPR/AED and Standard First Aid**
American Red Cross
- 05-30-2007 **Got the Nerve Triathlon**
1st place age group winner, Mt. Gretna, PA
- 05-30-2007 **Participated in Sherox Triathlon**
Philadelphia, PA
- 06-01-2007 **One years practice as Group Fitness Coordinator**
Workouts Fitness Campus, Lancaster,PA
- 09-07-2007 **Initiation 101: Pilates Mat Work Beginner/Intermediate**
PhysicalMind Institute, Body College, Washington, DC
- 12-14-2007 **Concentration 101: Pilates Apparatus Training**
PhysicalMind Institute, Body College, Washington, DC
- 12-30-2007 **Three years practice as Group Fitness Instructor**
Workouts Fitness Campus, Lancaster,PA
- 02-01-2008 **Two years practice as Independent Personal Trainer**
Workouts Fitness Campus, Lancaster,PA
- 09-30-2008 **Certified Pilates Instructor, PhysicalMind Institute**
Successfully completed Certification Exam, New York, NY
- 03-31-2009 **Heartsaver CPR Certification**
American Heart Association, Elizabethtown, PA
- 04-19-2009 **Personal Fitness Trainer Certification**
American Aerobic Association International (AAAI) &
International Sports Medicine Association (ISMA), Philadelphia PA
- 05-25-2010 **Heartsaver CPR Certification**
American Heart Association, Lancaster, PA