

SEBASTIAN MOREL-FERREIRA

PERSONAL TRAINING EXPERIENCE

EQUINOX New York, NY

Tier 3 Personal Trainer, 03/12–Present

- Broad-based personal training experience developing and providing customized one-on-one training plans for an average of 32 clients.
- Consistently ranked within the Top 10 revenue generating personal trainers at Equinox (including US, Canada and UK).

TOWN SPORTS INTERNATIONAL (NYSC) New York, NY

Master Personal Trainer, 12/09–03/12

- Broad-based personal training experience developing and providing customized one-on-one training plans for an average of 30 clients.
- Design and instruct a variety of small group exercise classes (e.g. “Brazilian Carnival Butt Blast” and “Body Revenge”) that build camaraderie, motivate clients, and improve overall sense of well-being.
- Consistently ranked within the Top 20 revenue generating personal trainers at Town Sports International (including NYSC, BSC, WSC and PSC).

EDUCATION & PROFESSIONAL CERTIFICATIONS

PRECISION NUTRITION

Certified Nutritionist (2015)

NATIONAL ACADEMY OF SPORTS

MEDICINE

Certified Personal Trainer (renewed 2014)

MADD DOGG ATHLETICS, INC.

Spinning Certification (2010)

PARANA NATIONAL UNIVERSITY, Curitiba, Brazil

Certificate in Acting and Body Expression, 2006

NATIONAL UNIVERSITY OF ASUNCION, Asuncion, Paraguay

Bachelor of Arts, Business Administration & Marketing, 2005

- Men’s Rugby Team; Captain of the Student Athletic Association; Fitness (aerobic and taekwondo) and Street Dance Competitor; Salsa Dancing Competitor

THE AMERICAN ACADEMY OF HEALTH & FITNESS

Senior Fitness Training Specialist (2011)

ANNETTE LANG EDUCATION SYSTEMS

Integrated Stretch Certification (2010)

AMERICAN RED CROSS

CPR/AED Certification (renewed 2014)

FEATURED MEDIA & PRESS

- Featured Guest Personal Trainer, TODAY SHOW (NBC) with Kathy Lee & Hoda (July 22, 2011)
- Featured Guest Personal Trainer, VIVA LA VIDA (Telefuturo Paraguay) with Sanie Lopez & Ruben Rodriguez (December 28, 2014)
- Featured Guest Fitness & Lifestyle Expert, URBANA RADIO with Milva Gauto (December 30, 2014)
- Featured Guest Fitness & Lifestyle Expert, NR RADIO with Norita Rodriguez (December 24, 2014)
- Featured Personal Trainer, NEW YORK POST, “The Groom Makeover” (September 25, 2012)
- Featured Group Instructor, FITNESS MAGAZINE ONLINE, “The Fit Stop” (March 27, 2012)
- Featured Group Instructor, NEW YORK POST, “The Bum Rush” (June 10, 2011)
- Featured Personal Trainer, NEW YORK POST, “Swan Strong” (February 23, 2011)
- Featured Personal Trainer, WALL STREET JOURNAL, “What Can Play Tricks On Your Memory” (August 24, 2010)

LANGUAGES

- Fluent in Spanish, Portuguese and English