

## MARCIA KITSON JONES

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### **Fitness Training and Coaching | Keynote Speaking | Gerontology and Kinesiology**

Inspirational business professional and educator with 20+ years of fusing hands-on fitness and personal training utilizing current research in cognitive, social and physical aspects of aging. Engaging presenter bringing proactive health programs to corporate, private, retirement, fitness and academic settings. Known for high energy and contagious enthusiasm. Thrive in collaborative environments motivating others in reaching health goals. Key skills include:

- High Impact Presentations
- Wellness Promotion
- Aging Process
- Leadership and Coaching
- Motivation
- Learning and Development
- Public Relations
- Nutrition
- Balance/Mobility/Fitness

### **PROFESSIONAL EXPERIENCE**

#### ***Guest Lecturer, Kinesiology***

**San Diego State University**

**San Diego Christian College**

**December 2015-Present**

Classes include: Motor Learning and Performance, Physical Education For Children, Instructional Leadership in Clinical Settings, Pilates, Introduction to Exercise and Nutritional Sciences

#### ***Fitness Specialist/Gerontologist***

**Naval Medical Center San Diego: Morale Welfare and Recreation**

**2012 -2016**

Educating, and personal training active duty personnel, staff, veterans. Classes include:

- Special Populations: A focus on post rehabilitation, balance and mobility testing, aging process
- Core Strength / Yoga / Pilates / Zumba

#### ***Founder/Owner***

**Working Wellness, San Diego, CA**

**1997 - Present**

- Developing clients at Fortune 100-500 organizations through marketing and promotion utilizing media and public speaking on wellness programs and cognitive health.
- Teaching seminars on ergonomics, stress management, health enhancement and active aging.

#### ***Owner/Fitness Director***

**Working Wellness, St Ignatius, MT**

**Fitness, Personal Training, Yoga Studio**

**2006 - 2010**

- Built client participation from 2 – 450. Managed eight employees, ten weekly classes and numerous workshops in dance, yoga, fitness, nutrition.
- Educated and inspired participants to live healthier lives, organized and administrated facility and employees to provide a community hub and health center.

***Fitness Director*****1983 - 1986; 1993 - 1997****Golden Door Health Resort, San Marcos, CA**

- Created program and directed fitness department for world-renowned health spa; developed and introduced new classes into Golden Door curriculum including creation of themed health promotions improving customer satisfaction.
- Motivated team, set goals and conducted evaluations for 25 person staff.
- Managed and maintained staff schedules and financials.
- Acted as Lead and hands-on Instructor throughout entire fitness curriculum.
- Represented organization as a Fitness Instructor on the MS Vistafjord Cruise Ship.

***Financial/Account Executive*****1989 - 1993****Frye and Smith Printing, San Diego, CA**

- Conducted marketing and sales for large West coast printer. Expertise included negotiating profitable contracts, solution selling and building outstanding client relationships and technical pre-press and print knowledge.
- Generated sales in excess of \$4.5 M by increasing client base by 125%.

***Lecturer*****Westmont College, Santa Barbara, CA****1983 - 2006**

- Annual guest lecturer for Senior Seminar, an upper division class required of graduating seniors in Kinesiology.

**EDUCATION**

M.A. Gerontology, National University, San Diego, CA

B.A. Kinesiology Westmont College, Santa Barbara, CA