



Kristin Rae Mabry

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*Wellness is a
Lifetime, Lifestyle Choice.
Choose Wisely!*

Professional Fitness Experience

- **Senior Master Trainer**, YogaFit WorldWide Training Systems. January 2003 – present. Independently conduct weekend yoga teacher trainings worldwide, including multiple levels and special populations.
- **Group Fitness Instructor/Personal Trainer**, The Alaska Club, Juneau, Alaska. Aug 2000 – present. Teach group fitness classes and train club members of various fitness levels, including yoga, aerobics, BOSU, kickboxing, zumba, weightlifting, core strength, seniors, pilates, and resist-a-ball.
- **Adjunct Faculty**, University of Alaska, Southeast. Spring 2002 - present. Teach credit courses on aerobics, strength, flexibility, kickboxing, and pilates and yoga to students of various fitness levels and ages.
- **Program Manager**, Mountainside Wellness, Juneau, Alaska. 2004 – present. Organize and teach fitness/wellness classes and promote health awareness at various community events. Also teach Continuing Education courses for fitness professionals to maintain national certifications.

Other Professional Experience

- Computer Services Consultant and Project Manager, S&K Computing. Aug 1997 – present.
- Fishery Biologist, National Marine Fisheries Service. May 2003 – present.
- Marine Fisheries Biometrician, Alaska Department of Fish and Game. December 1999 – April 2003.
- Research Analyst, Alaska Department of Administration. December 1998 – December 1999.

Education, Professional Certifications, and Memberships

- Master of Environmental Management, May 1997. Nicholas School of the Environment, Duke University.
- Bachelor of Science, summa cum laude, May 1995. Radford University, Radford, VA.
- Experienced Registered Yoga Teacher (E-RYT) – 200 hour certification through Yoga Alliance (2005)
- Experienced Registered Yoga Teacher (E-RYT) – 500 hour certification through Yoga Alliance (2009).
- Member, International Association of Yoga Therapists.
- Yoga Therapy training 2009.
- American Council on Exercise certified group fitness instructor (2000) and personal trainer (2002).
- Aerobics and Fitness Association of America certified group fitness instructor (2003).
- Zumba Basics 1 and 2, (2010).
- BodyPUMP (2000), Group POWER (2008), Group STEP (2009), and Group Centergy (2009) instructor certifications.
- PilatesFit teacher training (2006).
- International Sports Conditioning Association certified kickboxing instructor (2001).
- American Heart Association current CPR and First Aid certification.
- Member, IDEA Health and Fitness Association.

Fitness References

- Beth Shaw, Creator of YogaFit. 310-320-0110 beth@yogafit.com
- Fran Polumsky, Adjunct Faculty, University of Alaska, Juneau. 907-789-5035 fpolumsky@gci.net
- Stacy Shimabukuro, YogaFit, Torrance, CA. 310-376-1036 host@yogafit.com
- Terri Calvin, Group Fitness Instructor, The Alaska Club. 907-586-2907 calvin@gci.net