

Lizbeth del Carmen Zurita Aguilar
Fitness Coach, Singer and Teacher.



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PROFESSIONAL PROFILE

Functional coach, singer and Graduate in Education, passionate about teaching, sing and fitness, I have certifications and courses related to this field. I am currently a Fit Hiit Training Center coach and teach at a high school in Yucatán, for now I stop to sing but I sang for several years and I love it. I am a dreamer who always fights for my goals. It easy for communicate with big groups, I can provide from creativity to everything I do, since my classrooms classes, to my workouts with people of every range of age. I have also experience as a singer wich has taught me how to be more creative.

I have skills like commitment, proactivity, responsibility, asertive, communication, adaptability, lidership and trustworthy. My native language is Spanhis but I speak a fluent English.

I am looking to exploit my creativity and my desire to continue learning.

EDUCATION

TEACHING DEGREE

Autonomous University of Yucatán.
(Universidad Autónoma de Yucatán).

2006-2010

Mérida, Yucatán.

CERTIFICATES

Federation of Physique Culture
Certified Instructor on Hiit Training
Program.
February 2019 - October 2019

Federation of Physique Culture
Certified Instructor on TRX Training.
SF2.0
August 2020- February 2020

Federation of Physique Culture
Certified Instructor on weight Lvl.1
July 2020 – September 2020.

Federation of Physique Culture
Certified Instructor on weight Lvl.2
September 2020 – November 2020.

Federation of Physique Culture
Certified Instructor on High Intensity
Training
October 2020 – December 2020.

Federation of Physique Culture
Certified Instructor on physical preparation with
elastic bands

November 2020 – December 2020

Federation of Physique Culture
Certified Especialist Instructor and Movement
Patterns

May 2021 – July 2021

Comisión Nacional del Deporte
(CONADE)
Functional Trainig.

January 2023

COURSES

Professional Cooperative Training and Promotion
Services SC de AP de RL de CV
Development and Competency of Lidership

November 2016

Bank Comercial School
Falicitators Formation

November 2016

Pablo Pizzurno High Fitness Trainer
Mobility

September 2017

Pablo Pizzurno High Fitness Trainer
HIFT Lvl.1

September 2017

Pablo Pizzurno High Fitness Trainer
Gymnastic Techniques

September 2017

Federation of Physique Culture
ABC of the Pilates Method

February 2020

Federation of Physique Culture
Nutrition for Hypertrophy or Fat Loss

July 2020

Federation of Physique Culture
ABDO Systems Performance

August 2020

Federation of Physique Culture
Functional Kettlebells

August 2020

Federation of Physique Culture
KTBL Out of The Box.

October 2020

Federation of Physique Culture
Sports Pharmacology

October 2020

Federation of Physique Culture
High Intensity

January 2022

LABORAL
EXPERIENCE —

EXPERIENCE

MR. BACK IN TIME (MUSICAL GROUP)

Singer, dancer and entertainer.

2002 – 2009

Sing different types of music, especially retro music, as well as perform choreography and animations for the public.

KONTRASENA (MUSICAL GROUP)

Singer, dancer and entertainer.

2009 – 2011

Sing different types of music, especially salsa music, as well as perform choreography and animations for the public.

Ramón López Velarde School

High School Teacher

Septiembre 2010 – June 2012

Planning and implement of didactic activities with Students in the range of 15 to 20 years old.

ACTITUD (MUSICAL GROUP)

Singer, dancer and entertainer.

2011 – 2013

Sing different types of music, especially salsa and cumbia music, as well as perform choreography and animations for the public

Caja Popular Mexicana SC de AP de RL de CV

Head of Cooperative Education.

June 2012 – July 2017

Planning, organization and following of correct implementation of educational programs for associates and collaborators. Work with established goals, community and familiar activities implementation.

PRESENCIA MUSICAL (MUSICAL GROUP)

Singer, dancer and entertainer.

2014 – 2019

Sing different types of music, as well as perform choreography and animations for the public

LABORAL EXPERIENCE —

EXPERIENCE

Panthers Crosstraining.
Crosstraining Coach
Planning and implementation of Crosstraining method
with people between 16 to 50 years old.
February 2018 – June 2019.

LUNA AZUL (MUSICAL GROUP)
Singer, dancer and entertainer.
Sing different types of music, especially as well as
perform choreography and animations
for the public.
2019 – 2022

SLHMID Real Estate
Real Estate Agent
Sale and advice to clients in the sale, rent and purchase
of their houses.
February 2022-May 2024

Secretary of Public Education. DGETI.
High School Teacher
Planning an implement of didactic activities with
Students in the range of 15 to 20 years old.
Septembre 2017 – To date

FIT HIIT TRAINING CENTER
Functional Coach
Planning and implementation of HIIT and Functional
Training with people between 16 to 50 years old.
July 2019 – To date