

Ailen Mango



ID number: 39.662.803
Date of birth: 07/17/1996
Place of birth: Rosario, Argentina
Age: 28 years old.
Address: Ocampo 1358
Phone: +54 9 341 – 6114243
Marital Status: Single
ailumango123@gmail.com

WORK EXPERIENCE

Megatlon Gym, Rosario.

Teacher of Functional Training
(2019-Present)

Universidad Abierta Interamericana (Interamerican Open University)

Professor of Gymnastics and its didactics
Rosario, Santa Fe
(2023-Present)

Ballet Studio – Mara Casani

Teacher of Functional Training
Rosario, Santa Fe
(2024-Present)

Círculo de Obreros Sports Centre

Teacher of Gymnastics
Rosario, Santa Fe
(2015-Present)

Personalized Training Instructor for Fitness and Health

Rosario, Santa Fe,

EDUCATION

Bachelor's Degree in Physical Activity. Gran Rosario University

2019 - 2020

Address: Corrientes 1254,
Rosario, Santa Fe.

Phone: +54 9 341 483-8100

Physical Education Teaching Training Program. Instituto Superior de Educación Física no. 11 (I.S.E.F.)

2014 - 2018

Address: Av. D. Alighieri 2550,
S2000HDR Rosario, Santa Fe.

Phone: +54 9 341 472-5502

High School Diploma Escuela Normal Superior no. 36 "Mariano Moreno"

2014

Address: Entre Ríos 2366,
Rosario, Santa Fe

Phone: +54 9 341 472-8627

(2020-Present)

Megatlon Gym, Rosario.

Substitute Teacher of Physical Education
Rosario, Santa Fe,
(2021-Present)

CEKIN Kinesiología, Kinesiology Center

Substitute Teacher of Functional Training
Rosario, Santa Fe
2020

Asociación Cristiana de Jóvenes

Substitute Teacher of AquaGym
Rosario, Santa Fe
2019

Club Italiano

Substitute Teacher of AquaGym
Rosario, Santa Fe
2019

Club Atlético Provincial

Substitute Teacher of Gymnastics
Rosario, Santa Fe
2019

Club Atlético Rosario Central

Summer Camp Teacher
Rosario, Santa Fe
2019

Colegio La Salle

Substitute teacher of physical education
Rosario, Santa Fe
2018

COURSES

(2023): *Training Planning Course for Hypertrophy*

Mode: Online, 4 hours, November

Speakers: Jeronimo Milo - Ariel Couceiro.

Others: Instagram: @jeronimomilo @arielcouceirogonzales

(2023): *"CORE Anatomy and Function" Training Course*

Mode: Online, 4 hours, September

Speaker: Jeronimo Milo

Others: Instagram: @jeronimomilo

Additional Skills

(2009–Present): El Ruedo
Circus School.

– Floor Acrobatics

– Aerial Silks Acrobatics.

(2009–2014): Gymnastics
Training School – Círculo de
Obreros de Rosario

Participation in provincial and
national tournaments.

Computing Skills:

Elementary knowledge of
Microsoft Office.

LANGUAGES

English: Upper–Intermediate
level.

(2022): *Stretching in Health and Sports*

Approved by: The Argentine Chamber for Professional Training and Labour Education

Mode: Online, 4 hours, November

Speakers: Lic. Jeremías Bonetto – Lic. Martin Guallan

Others: Instagram @jeremiasbonetto @centrofyke

(2022): *Training Course for Health, Sports, and Recreation Specialists*

Topics: *Exercise Prescription for Fibromyalgia / Movement Management with Hernias and Protrusions / Physical Activity for Hip Replacements / Tendinopathies in Physical Education and Kinefilaxia*

Approved by: The Argentine Chamber for Professional Training and Labour Education

Mode: Online, 8 hours, September

Speakers: Lic. Jeremías Bonetto – Lic. Martin Guallan

Others: Instagram @jeremiasbonetto @centrofyke

(2022): *Pilates Reformer Training Course*

Allegra Pilates

Mode: 4 hours, June

Speaker: Antonella Bordesio

Address: Moreno 77, S2000 Rosario, Santa Fe

Others: Instagram @allegrapilates_ros

(2022): *"HIIT Training: From Science to Practice" Training Course*

Venue: Club Sonder

Mode: 4 hours, June

Speaker: Prof. Jorge Roig

Address: Gálvez 1256, S2000 Rosario, Santa Fe

Others: Instagram @Club.sonder

(2022): *First Aid Training Course*

Red Cross – Rosario Branch

Address: Laprida 1553, Rosario, Santa Fe

Phone: 0341-4213878

(2021): *Strength Training Course: "Introduction to Kettlebell Sports"*

Mode: Online, 3 hours, June

Speaker: Lic. Cacciatore Lisandro

Escuela de Fuerza – Center for Strength Training

Address: Jujuy 1351, Santa Fe Province

Phone: 0341 583-6422

Others: Instagram: @escueladefuerza

(2021): *"Strength Training Periodization" Course*

Mode: Online, 3 hours, March

Speaker: Lic. Cacciatore Lisandro

Strength School – Center for Strength Training

Address: Jujuy 1351, Santa Fe Province

Phone: 0341 583-6422

Others: Instagram: @escueladefuerza

(2020): *Physical Activity and Diabetes Training Course*

Mode: Online, 3 modules of 1 hour each, October

Speaker: Prof. Nicolás Arce

(2020): *"Diabetes Goes to School" Training Course*

Mode: Online, 3 modules of 1 hour each, September

Speakers: Lorena Lequi, Natalia Dascani

Approved by: Capítulo de la Sociedad Argentina de Diabetes.

(2017): *Gymnastics Workshop: Gymnastics: Its Organization and Technical Work*

National University of Rosario
Address: Moreno 460, Rosario, Santa Fe
Phone: 0341 480-2686

(2017): "Physical Education in Action" Training Course
Trama Training Group

Venue: APC Gym
Address: Virasoro 1754, Rosario, Santa Fe
Phone: 0341-423-0179

(2016): " The Role of Play and Expression in Early Childhood Education"
Training Course

Trama Training Group
Venue: El Fortín
Club Address: San Nicolás 1986, Rosario, Santa Fe
Phone: 0341 476-0820
Others: Instagram: @grupotrama

