



RENÉ URIZA

Bachelor of Primary Education
Fitness Trainer and Entertainer



CONTACT



Iguala, Guerrero, Mexico



+52 733-158-3722



reneuriza@hotmail.com



KEY SKILLS

- Strong communication and leadership.
- Teamwork and positive attitude.
- Multicultural adaptability.
- Inspiring and motivating personality.
- Passion for teaching, fitness, and human development



PROFESSIONAL PROFILE

Passionate about education, fitness, and overall well-being. Bachelor's Degree in Primary Education with 18 years of teaching experience, and a personal transformation story—losing 165 pounds in 10 months. I've owned two fitness studios and hold certifications in Dance Fitness and Step, with hands-on experience in weight training, equipment use, Spinning, Jumping, and functional training. I've worked with both children and adults, leading energetic and motivational classes. I'm eager to bring this passion and energy aboard as a fitness coach and activity host on cruise ships.



EDUCATION

2003 – 2007 **Bachelor's Degree in Primary Education**
Regional Center for Normal Education:
Adolfo López Mateos.



CERTIFICATIONS

2016 **Step Instructor**
Maricruz Souberbielle

2025 **Dance Fitness Instructor**
Zambomba



PRACTICAL KNOWLEDGE

2012 **Weight Training & Gym Equipment**

2012 **Functional Training**

2013 **Spinning**

2016 **Jumping**

RELEVANT EXPERIENCE



2016
and
2020
México

Fitness Studio Owner & Instructor

- Founded and managed my own fitness studio twice.
- Taught group fitness classes for adults and children aged 5 to 12.
- Designed age-appropriate and fun workout routines.
- Promoted healthy habits in an inclusive and engaging environment.

2021 – 2024
México

Children's Summer Camp Instructor

- Led fitness games and activities for children aged 5 to 12.
- Encouraged physical development, cooperation, and fun through movement.

2012–2025
México

Fitness Instructor & Group Class Coach

- Zumba, Spinning, Step, and Jumping classes.
- Create routines for all fitness levels.
- Inspire participants with my 75 kg weight loss story.

Since 2007
México

Primary School Teacher

- Develop students' physical, emotional, and social skills.
- Several students have won awards in the Children's Knowledge Olympics.
- Apply creative and active teaching methods.

LANGUAGES



- **Spanish:**
Native
- **English:**
In progress (upper-intermediate level)