



*Personal trainer, energetic and motivated, with more than 7 years of experience in collective and individual training. She qualified and specialized in the areas of Pilates, Barré, Zumba, aerobics and Hiit and functional training. Knowledge of first aid and CPR. With a true passion for designing fitness and nutrition programs.*



## CONTACT

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## EDUCATION

- **-Master Integral Pilates Ricardo Jaramillo. Nature Pilates**
- **Superior Technician in Animation of Physical and Sports Activities (TAFAD).**
- **Qualification of Orthos monitora of directed activities (2009)**  
**Basic training in aerobics, step, maintenance and stretching.**
- **Office automation course (office 365). SEPE**

# SANDRA MERINERO SÁNCHEZ



## WORK HISTORY

**-Sporty tribunales (2023- currently)**  
Pilates reformer/ mat & Barré instructor.

**-Planet Fit Recoleta (2023- currently)**  
Stretching instructor.

**-Von fitness Recoleta (2023)**

**-Casa Barré (summer 2022)**  
Barré instructor.

**-Grupo Educativo (2016- 2023)**  
Extracurricular activities in schools in Madrid. Dance, theater, dining room.

**-EMTE SPORT (summers)**  
Monitor in summer camp. Autonomous University of Madrid.

**-Tritoma (2012-2021)**  
Zumba instructor, dance, aerobics, kbox, G.A.P, Pilates.

**- SGC Gym (2020-2021)**  
Step and Zumba instructor

**-Desafio Personal (2020-2023)**  
Sports activities in the Retiro Park



## SKILLS

- Skilled motivator, especially patient with less experienced attendees.
- Can easily adapt to provide group or private instruction.
- Member services.
- Health and wellness.
- Safety and compliance