

Jill S. Brown

e-mail: jillbrown.mail@gmail.com

Specializing in:

- ***SPINNING (Indoor Cycling)***
- ***PILATES (Reformer)***
- ***ATHLETIC CONDITIONING***
- ***CORE TRAINING and CORE FUSION (w/ Core Board, Stability balls & BOSU)***

Teaching / Training Experience:

- GOLD'S GYM – VENICE (1994 – Present)
- SPORTS CLUB/LA (1992 – Present)
- EQUINOX – West Hollywood (2003 – 04), Santa Monica (2006 –), Century City ('07 -)
- YAS (2002 – 2003)
- PACIFIC ATHLETIC CLUB - now Spectrum (1992 – 2000)
- SPECTRUM – HOWARD HUGHES (1991 – 1995)
- REVOLUTION Spinning Studio (1995 – 2000)
- JOHNNY G'S Spinning Studio (1995 – 1998)
- THE RIDE studio (1998 – 2000)
- TODD TRAMP'S – now Train (1997 – 2000)
- MARINA ATHLETIC CLUB (1992 – 1996)
- SPORTS CONNECTION – West Hollywood & Santa Monica (1992 – 1994)
- FAMILY FITNESS now 24 Hour Fitness (1991 – 1994)

Certifications:

ACE Personal Training; Pilates; Spinning; Step Reebok; Slide Reebok; BOSU; Stability Ball; AFAA Group Fitness; NDEITA. CPR.

Received first certification in 1989.

Career Highlights:

- Yoga model, Pilates/Yoga consultant for Volkswagon EOS print ad campaign.
- Semi Finalist in “America’s Top Trainer”, Studio 4 Fitness competition.
- Spinning Master Trainer (1994 – 1997). Certified instructors internationally. Picked to be in the first group of certified Spinning instructors trained personally by Johnny G. – creator of Spinning.
- Writer, Producer, Host, Consultant and Expert testimonial for various infomercials.
- Appeared as a regular on “CRUNCH!” tv show and home videos.
- Presenter for Spinning Master Classes at IDEA conventions.
- Presented Master classes in Step and Double Step choreography internationally.

Other Experience:

- Writer, Producer; Director and Host for infomercials, corporate and marketing videos.
- Former news reporter specializing in Health and Fitness reporting for KREX-TV, CBS affiliate in Colorado (2000 – 2002).

Sports:

Outrigger Canoe (OC-6 and OC-2); Row Crew (4+ and 8+) and Double Scull w/ L.A.Rowing Club; Boxing, Cross Country skiing, Snow Shoeing, Trail Running, Rock Climbing, Sea Kayaking, etc.

Education:

Emerson College, Boston, MA. BA Mass Comm. w/ concentration in Broadcasting.

Continuing Education: UCLA Extension and Santa Monica College