VITAE

Julie Hughes

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EDUCATION

Bachelor of Fine Arts & Communications (Communication Studies) August 2004
Texas State University – San Marcos, TX

PROFESSIONAL DEVELOPMENT

AFAA Group Fitness Instructor Certification 2000
Pilates COREFIT Instructor Certification 2001
Exercise Science Alliance AquaFit Instructor Certification 2001
YMCA Personal Trainer Certification 2006
AFAA Personal Trainer Certification 2006
AFAA Kickboxing Instructor Certification 2007
Les Mills BodyJam Certificaiton 2007
Les Mills BodyPUMP Certification 2007
Zumba Certification 2008
ASCM Personal Trainer Workshop 2009
Les Mills BodyPUMP Upskilling Workshop 2009
ACE Personal Trainer Certification 2010
Silver Sneakers MSROM, Cardio Circuit I & II Instructor Certification 2012

PROFESSIONAL PRESENTATIONS

Better Me Healthy Living Series – Community Education – DeTar Health Center 2006-2011
News Center 25 Wellness Wednesdays regular contributor – 2013-current

PROFESSIONAL PUBLICATIONS

jewelshealthylife@wordpress.com
jewelshealthylife.com

PROFESSIONAL AFFILIATIONS

ACE Certified Personal Trainer
AFAA Certified Group Fitness Instructor

COLLEGE TEACHING EXPERIENCE

Spring 2013 – Present Victoria College, Adjunct Instructor, Physical Health Education Dept.

COMMUNITY ACTIVITES

Yoga Instructor for the Golden Crescent YMCAs
ElectriKIDS Ambassador for South Texas Region