

DANIELLE Q. EDGAR

dquigg@email.gwu.edu

GROUP FITNESS INSTRUCTOR

The George Washington University - BODYPUMP®, Hard Core, HIIT, TRX Bootcamp	2013 - Present
Sport & Health / OneLife - BODYPUMP®, APEX	2015 - Present
Gold's Gym - BODYPUMP®, CXWORX®, Pilates	2013 - 2020
XSport Fitness - BODYPUMP®, Toughen Up, Build-a-Booty	2017 - 2020
Washington Sports Club - BODYPUMP®, Burn, Abs	2013 - 2019
Balance Gym - BODYPUMP®	2013

FITNESS TRAINING AND CERTIFICATIONS

CPR/AED Certified - American Heart Association	Valid through 11/2023
AFAA - Aerobics and Fitness Association of America Certified (CI#554117)	6/2014 - 6/2024
Les Mills' BODYPUMP® Certified	8/2013 - Present
Les Mills' CXWORX® Certified	4/2015 - Present
APEX Certified (Sport & Health specialty class)	6/2018 - Present
Burn Certified (Washington Sports Club specialty class)	1/2015 - Present
ISSA Certified Nutritionist Coach (ID: 1269401)	8/2020 - 10/2023
ISSA Certified Personal Trainer (ID: 1307925)	7/2019 - 10/2023
Spinning® Certified	3/2020 - 3/2022
Group Exercise Instructor Certified by N.C.C.P.T.	8/2018 - 8/2020
Indoor Cycle Certified by N.C.C.P.T.	8/2018 - 8/2020
Yoga Certified by N.C.C.P.T.	8/2018 - 8/2020
Mat Pilates 3: Enhanced Pilates Mat & Props by Balanced Bodies	9/2019
Mat Pilates 2 by Balanced Bodies	5/2019
Mat Pilates 1 by Balanced Bodies	3/2019
Movement Principles by Balanced Bodies	3/2019
Freedom Barre Workshop	6/2018
Sports Conditioning Workshop by American Council on Exercise	10/2017
Les Mills' BODYPUMP® Advanced Instructor Module	3/2014
Sports Nutrition - Coursework completed at George Washington University	Spring 2013

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OTHER EMPLOYMENT

Program Officer, U.S. Department of State	5/2010 – Present
Study Abroad Advisor, GWU	5/2008 – 5/2010
Chair, Life After Study Abroad Conference, Washington Area Study Abroad Network	2008 – 2010
Local Arrangements Chair, NAFSA: Association of International Educators	2009
Operations Coordinator, Office for Study Abroad, GWU	10/2007 – 5/2008
Senior Secretary, Office of the Dean, School of Business, GWU	8/2006 – 10/2007
English as a Second Language (ESL) Program Coordinator	12/2005 – 5/2006

EDUCATION

The George Washington University, Elliott School of International Affairs	
Graduate Certificate in Latin American and Hemispheric Studies (GPA: 3.78)	5/2011
The George Washington University, Graduate School of Education and Human Development	
Master of Arts in International Education; Concentration in International Affairs (GPA: 3.78)	8/2008
Susquehanna University, Selinsgrove, PA	
Bachelor of Arts in Psychology and Spanish (GPA: 3.92)	5/2006
Honors: Honors Program, Presidential Scholar, Alpha Lambda Delta, Phi Sigma Iota, Psi Chi	
Study Abroad: University of Virginia Hispanic Studies Program in Valencia, Spain (spring 2005)	