

## FITNESS EXPERIENCE

Karla Rodriguez comes with a wealth of knowledge and creative energy that has been infused by her realm of knowledge, experience, training and passion. She continues to create

She has created & instructed class formats such as:

Latin Ball Dance, Dance & Sculpt, Kickbox Jam; Dance & Sculpt; Energy Dance; Kick & Step; Full Throttle; Sexi Yogi and many more!

**Youth:**

**Leadership Through Movement**

**Drum Sticks are Power**

**YIN/YANG Aggression Seminar**

**Body Image Workshops, Are you Yummy**

**Fitness Challenge**

**Soft Meditation**

She has Certifications/Workshops in:

Power Strike Kickboxing

Pilates & Hard Core

Body Sculpt & Pump

Fitness and Kickboxing Trainer by (IFA) International Fitness Association

Here's to Your Health Completion of Study

Cardio Kickboxing

Sculpt & Killer Ab In house certification by Judy Rodriguez

Living Healthier & Stronger Lives Course Study at Trinity College

TaeBo Workshops

The Fundamentals of Martial Arts

Nutrition, Practical Skills & Physical Fitness Instructor/ Certification by the Police Officer's Training Council

Ground Fighting & Martial Arts Trainings by Police Officer's Training Council

Defensive Tactics, Grappling & Baton Techniques for Female Officers certification by Police Officer's Training Council

CPR and MRT Certification

HeartSaver AED

Public Speaking & Arts related courses

AFAA Yoga Essentials

AFSA Childhood Obesity Specialist Certification

AFSA Kickboxing & Step Instructor Certification

**AFSA Group Fitness/Bootcamp Trainer**

Reiki 1

Member of ECA World Fitness

**She has been a Group Fitness/ Dance Instructor or Aerobic Coordinator at:**

- Big Sky**
- Bally's Health Clubs**
- Body Fit**
- The West Hartford Dance Center**
- Xtreme Fitness Club**
- Hartford Police Academy**
- Club 2074**
- University of Connecticut, Undergraduate Fitness Program**
- Bulkeley High School Cheerleading Program**

**Karla has choreographed and appeared in fitness videos which make her a fitness guru. She is well-versed and has had Master Classes & Workshops in many of these disciplines:**

- Kardio Kickboxing**
- Cardio Camp**
- Hip Funkin Hop**
- Body Art Stretch**
- Hot Latin Cardio**
- Hip Hop Abs**
- Kick Box Exercise**
- Thrash Dance**
- Ab Attack Land/Sea**
- Get the Funk Out**
- All About Abs and Balls**
- Scott Pilates Ultimate Body Sculpt**
- Pilates Flow & Balance**  
**Tai Chi Beach body**
- Les Mills Body Combat & Bodyvive**
- Aerobic Dance**
- Band Boot Camp**
- Cardio Hip Hop**
- Hip Hop Pure**
- Combat Interval Challenge**
- Core Challenge**  
**Towel Fusion**
- Spinning the Ride**
- Kardio Knockout**
- Kickbox Round I & II**
- 4-Core**
- Spinning Certification – Phase I**
- South Boot Camp on the Beach**
- Zumba**  
**LaBlast Dance, Latin Fusion**

- Hard Core BURN**
- Kaboki**
- Designing Killer Programs**
- Bosu**
- Breakdown Dance**
- DanceSati**
- Body Attack**
- Body Jam**
- Body Step**
- Jazz Funk**
- Jazz Meets House**
- Powerstrike on Guard**
- Groove FX**
- Body Combat**
- Street Jazz**
- Mistikal Transfusion & Yoga**
- Intensati**
- Sprit Groove**
- Video Dance**
- Latin Beats**
- Hip Hop Basics**
- Cheerleading Dynamics/Choreography**
- Tribal Funk**
- Pilates Wet**
- Boot Camp Drills**
- Reit House Moves**
- Will, Power, Grace**
- CoreFusion**
- Hip Hop Abs**
- Wet Pilates**
- Aqua Flow**
- Groove Your Body Alive**
- Groove Your Body Strong**
- Groove Your Body Calm**
- All About Abs**
- Shamantic Power Dance**
- Body Strikes**
- Kung Fu Fundamentals**
- Project Body Bar**
- Sport Nutrition**
- Ansura Yoga**
- Body Art Strength**
- Out-of-the-Box**
- Functional Integrated Abdominal Training**

- Hawaiian Hula Dance**
- Yoga Power House**
- Strike**
- Yin Yoga**
- Power Kranking**
- Drums Alive**
- Sensual Yoga**
- BB Bending the Rules**
- Intuitive Teaching**
- Jazzylicious**
- Groovalicious Sexy Dance**
- Maasala Bhanga**
- Bootcamp Toolbox**

**Lectures:**

- What Makes You Tick**
- Children & Fitness & Body Image**
- Flatten Your Abs**
- How to Build & Execute a Great Brand**
- Blackberry Yoga**
- Synergy & Stress**
- Body Image & Eating Disorders**

**She is Educated in the following fields:**

- Master's in Public Policy, Trinity College**
- Bachelor's Degree in Business Management from Albertus Magnus**
- Graduate of the Hartford Police Academy**
- Undergraduate Studies at the University of Connecticut in the Arts**
- Graduate of Bulkeley High School**

**Other experience:**

- Coach for Hartford Police Blizzball League**
- Kindergarten Teacher Helper**
- Member of the Read-A-Loud Program for Hartford Public Schools**
- Volunteer at Station Day for Police Recruits**
- St. Peter's Plena Dance Team**
- Bulkeley Year-Round Cheerleading & Dance Team, Captain & Choreographer**

**Working Partners :**

AMERICAN BREAST CANCER SOCIETY  
BANK AMERICA, WINDSOR, CT  
BLOOMFIELD PUBLIC SCHOOLS  
COMMUNITY PARTNERS IN ACTION  
CONNECTICUT ASSOCIATION ON WOMEN POLICE  
HARTFORD POLICE ACADEMY  
HARTFORD POLICE ACTIVITIES LEAGUE  
HARTFORD PUBLIC SCHOOLS  
INSTITUTE OF LIVING, EATING DISORDERS UNIT  
GROWING GREEN WELLNESS CENTER  
NEW BRITAIN PUBLIC SCHOOLS  
NEWINGTON PUBLIC SCHOOLS  
STATE OF CONNECTICUT, JUVENILE DETENTION CENTER  
TRINITY COLLEGE WOMEN'S CENTER  
WEST HARTFORD PUBLICS SCHOOLS  
WINDSOR PUBLIC SCHOOLS  
UNIVERSITY OF CONNECTICUT  
YWCA, "YOUNG WOMEN LEADERSHIP CORPS"