

GAIL BANNISTER-MUNN

E-mail: Gailbannistermunn@mac.com

Website: www.Gailbannistermunn.com

Studio: www.TheBalanceli.com



EXPERIENCE

XSport Fitness

July, 2006 to Present

Regional Group Fitness Manager

To manage and supervise the Group Exercise department for the XSport Fitness locations in New York.

To provide leadership and structure to the department with professionalism and expertise in the field of group exercise and personal training.

Responsibilities include the following:

- Interview, audition and hire all qualified certified instructors and trainers.
- Organize staff meetings to educate, train, inform and update instructors of new programs, classes and corporate information.
- Work with club teams to ensure satisfaction of both member and employee experience.
- Use my knowledge of personal training, group sales and marketing for the benefit of both members and staff.
- Monitor club programs, instructor schedules, and group exercise trainings to ensure it meets current industry trends and safety guidelines.
- Work within budgeted amount for branded programs, and group programs.
- Maintenance of group exercise studios and equipment.
- Establish lines of communications between all Club Managers, Operation Managers and Maintenance staff.
- Update network participation numbers, class schedule and instructor information.

New York Jets Football Team

February 2006 to Present

“The Bannister Method”™ Balance, Strength, Flexibility and Core

Associate strength coach for the NY Jets Football Team. Working with a pro team on core strength and flexibility. Instruct team on the benefits of core training, balance, strength and flexibility.

Provide one on one training and group classes to team members based on their individual needs and goals.

New York Sports Club

June 1997 to June 30, 2006

Area Group Fitness Manager

Oversee all New York Sports Clubs on Long Island and the New York Borough region. (12 NYSC)

Responsibilities include the following:

- Have a thorough knowledge of personal training revenue, group exclusive sales and the branded NYSC Marketing process. Overseeing Fitness PT Managers revenue for 12 facilities.
- Monitor club programs, instructor schedules, and group exercise trainings to ensure it meets current industry trends and safety guidelines.
- Recommend, set up and launch all in-house promotions for customer motivation and retention.
- Audition and hire all group exercise instructors for area clubs, and ensure that all instructors have current certifications.
- Identify opportunities for additional sales, revenue, and retention.
- Work within budgeted amount for branded programs, and group exclusives programs.
- Supervise and insure the success of all New York Sports Clubs in designated areas.
- Work with district managers within their regions to determine goals and insure that objectives are met.
- Have working knowledge of all Club IT platforms, word, excel and power point.
- Ensure successful acquisitions into the TSI/NYSC family.

AFAA Continuing Education Provider

The Bannister Method (Flexibility, Core, Strength, and Balance)
 We Can Do Both!
 Set The Tone
 The Rebirth Of Step/Basic Step L1
 The Bare Essentials (Strength Training 101)
 Learn To Teach (The Base Line of Choreography)

2009 to Present

3 Ceu
 3 Ceu
 3 Ceu
 3.5 Ceu
 4 Ceu
 5 Ceu

East Coast Instructor Training School

1992 to Present

Group Exercise and Personal Trainer Instructor

Teach academic and practical training within ACE accredited aerobic instructor training program to students wanting national certification. Teach all aspects of aerobic instruction.

ECA World Fitness, Miami and NYC

1992 to Present

Conference Team Leader and Supervisor

Oversee all room management, set-up and breakdown for three day fitness convention in both locations, New York City and Miami.

Paerdegat Athletic Club/Brooklyn Health & Racquet Club

April 1995 to June 1997

General Manager

Responsibilities include the following:

- Manage all department heads at both club locations.
- Set up programming and educational programs for all club staff and members.
- Coordinate all open house and special events.
- Develop standard procedures for each department.
- Write job description booklet.

Bally's Jack LaLanne Fitness Center

Aug. 1988 to April 1995

Aerobic Program Coordinator

Responsibilities include the following:

- Oversee twelve athletic facilities and 300 plus instructors in the Long Island, Queens and Westchester County regions.
- Conduct scheduling, auditions, training, evaluations, and seminar information to all certified fitness instructors.
- Conducted payroll, customer relations, and establish club promotions and new product introductions.
- Acted as Bally's Jack LaLanne trade show representative and fitness demo team member.
- Teach high/low impact, all levels of step, body sculpting, funk and slide.

Vertical Club, New York, NY

Dec. 1996 to June 1997

Group Fitness Instructor

Teach high/low impact and all levels of step.

Delta Funding Mortgage Bank

1986 to 1988

Foreclosure Associate

Researched sale dates, and managed forbearance accounts.

Lekas and Associates, New York, NY

1984 to 1986

Marketing and Research Associate

Conducted television commercial research studies.

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Fitness Conference/Presentations

ECA World Fitness 1997 to Present	Presenter, New York, Boston and Miami	
WSSC Fitness Convention	Presenter, Florida Convention	May 2009 to Present
DCAC Fitness Conference	Presenter, Alexandria, VA	2008 to Present
Bally Total Fitness	Workshops and Master Classes	1998 to Present
SCW Fitness Convention	Presenter, Philly Fitness Convention	February 2009
TSI/NYSC Summit	Presenter, Step, Interval, Lectures	2004 to 2007

ACHIEVEMENTS

ECA OBOW Awards	Voted, Upcoming Mover and Shaker Presenter	2009
TSI/NYSC	Outstanding Achievement/Highest Revenue	2001 to 2006
TSI/NYSC	Faculty Trainer for Programs and Services	1999 to 2006
ECA OBOW Awards	Voted Best Manager/Employee	2002 to 2005
Dance Troupe	Charles Perez Commercial Dancer	1996
FITA	Group Equipment Supervisor	1996
Nike Culture Shock	NYC Dance Troupe Member	1995 to 1997
Bally's Jack LaLanne	Outstanding Achievement	1995
Head to Toe, Hewlett, NY	Aerobic Consultant for facility	1995
City of Hope	Long Island Coordinator	1994
Jam Video Series	Production Coast- Yvette Quez	1994
Jam Video Series	Choreography Consultant	1994
Bally's Jack LaLanne	Demo Team- Funk/Step	1993 to 1997
Living Well Lady	Best Instructor Award	1991 to 1993
Vertical Club	Best Service Award	1990

CERTIFICATIONS

- National Academy of Sport Medicine (NASM)
- AFAA Continuing Education Provider
- East Coast Instructor Training School (ECITS)
- YogaFit L1, L2, L3, L4
- AFAA Mechanics of Injury Prevention
- AFAA Mat Science I & II
- Stott Pilates Mat
- PowerHouse Mat Pilates I & II
- PowerHouse Reformer I & II
- Peek Pilates MVE
- Scientific Stretching - Paul Chek Institute
- A.I (Active/Isolated Flexibility Certification Level 1 and 2)
- Madd Dog Athletics/Johnny G. Spinning
- PowerStrike Kickboxing I & II
- Lisa Gaylord Kickboxing Certification I & II
- Body Bar L1 and L2
- Urban Rebounding
- Body Wedge
- CPR/AED

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Biography

Gail Bannister has her finger on the pulse of fitness enthusiasts and the club industry because of her widely varied fitness background. She is the regional area group fitness manager with XSport Fitness. She presents both workshops and lectures at internationally attended conferences, and teach aerobic choreography as an instructor with East Coast Instructor Training School. Her classes are constantly fresh with new moves and music, often incorporating trends and ideas that are just moving into the fitness scene.

Gail quickly rose through the ranks within the fitness industry, becoming NASM certified while being employed as a group exercise instructor and eventually taking on administrative and management responsibilities. She first started with New York Sports Club in 1995 as a fitness instructor, and also taught at Citibank's corporate fitness center, Bally's Jack LaLanne and the Vertical Club in Manhattan. Her management experience started on Long Island at Club Central when she was named group fitness director.

Gail currently works as Flexibility, Core and Pilate's coach with the NY Jets Football Team, and Pro Hoops Basket Ball that focuses on skill sets that can help players improve in all areas of defense, and offense. She currently holds certifications in several different disciplines, which enhances her coaching abilities to her athletes, staff and her classes. She is the owner of The Balance Studio, located in Plainview, NY
www.TheBalanceli.com

Gail was then named aerobic program coordinator of Bally's Jack LaLanne before becoming the general manager of Paerdegat Athletic Club/Brooklyn Health and Racquet Club. This is when she became an aerobic choreography instructor with East Coast Instructor Training School. Gail taught all aspects of group fitness methods and techniques to students wanting certification in group instruction.

In her current position as a Regional Group Fitness Manager with XSport Fitness Facilities, she monitors club programs, instructor schedules and group exercise trainings to ensure it meets current industry trends and safety guidelines.

Gail has gained momentum in her career as a presenter with ECA World Fitness, offering Step and Hi/Low dance classes at both their Miami and New York City conferences. She also is a team leader supervisor with ECA's New York City Conference and Trade Shows. There she staffs and oversees the group exercise, personal training and the lectures rooms for the convention rooms.