

**JOETTE ROSSI-LUICH, BS**

**BS EDUCATION / EXERCISE AND HEALTH SCIENCES**

**MINOR : PSYCHOLOGY**

**UNIVERSITY OF WISCONSIN – MADISON 1977**

**YOGA STUDIES IN LONDON, ENGLAND AND CHICAGO, ILL.**

***Over 25 years teaching experience***

*Elementary School Teacher- Wisconsin Public Schools.*

*1980-Present Professional Fitness Instructor: Yoga, Personal Trainer, Sports Conditioning, and Aerobics.*

*As an independent contractor, I instructed classes in several states.*

**Florida** : *Brevard Community College, Palm Bay Parks and Rec. Dept., Harris Semiconductor, Imperial Courts Fitness Center & 24 Hour Fitness Center.*

**Arizona**: *Mesa International Fitness Centers.*

**California**: *24 Hour Fitness Centers, and Los Gatos Tennis Club.*

**Washington** : *Puyallup School District, Good Samaritan Hospital, City of Puyallup Parks and Rec. Dept., Celebrate Seniority Center, Curves, Spring Valley Montessori School, Western Washington Fair Employees, Pacific West Health Clubs, Puyallup Athletic Club, Federal Way Athletic Club, Members of the Puyallup Aquatic Club (PAC). Mentor for senior high school projects.*

***Personal Yoga Instructor for Olympic Gold Medal Swimmer, Megan Quann.***

**Yoga Instructor** : *Organized group classes open to the public; private sessions available to groups, organizations, companies, & individuals.*

**Personal Trainer** : *Includes strength and flexibility training, sports conditioning, body sculpting, & weight management  
fee: \$40/\$50 per hour 1-2 people*

**Senior Mentor** : *participate in the mentoring program for high school seniors: Puyallup HS, Rogers HS, Orting HS, and Sumner.*