



# Robert Steigele

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## Fitness Knowledge

- ◆ Instructor Training Presentations (Workshops; Lectures; Masterclasses) – Resist-A-Ball Master Trainer
- ◆ Group Fitness Instruction (Beginner, Intermediate, and Advanced Level Classes; High, Low, and Mixed Impact; Step; Interval; Circuit; Slide, Funk; Walking-Bodywalk; Strength-BodyPUMP/Group Power; Resist-a-ball; Stretch) (Mind/Body – Yoga, Pilates, BodyFlow/ Centergy)(Studio Cycling/Spinning)
- ◆ Program Management / Instructor Evaluations / Program Consulting
- ◆ Professor – Group Exercise Leadership Courses Years 1 and 2
- ◆ Personal Training / Counseling / Exercise Prescription / Appraisal (CSEP's CPAFLA)
- ◆ Choreography - Competitive Aerobic / Aerobic Demonstrations
- ◆ Media – DVD Appearances
- ◆ Media – Television Appearances
- ◆ Media – Writer – Fitness Magazine Articles

## Experience

- ◆ *International Presenter* (since 1993)
  - ◆ Can-Fit-Pro Conference, Toronto, Yoga with Resist-A-Ball *Pre-Con*, RAB Bootcamp *Workshop*, Pilates with Resist-A-Ball *Workshop*, Free Weight Training *Workshop*, August 2008
  - ◆ IDEA World, Las Vegas, Follow the Bouncing Ball *Workshop*, Step – From Mystery to Mastery *Workshop*, July 2008
  - ◆ IDEA Fitness Fusion, Chicago, RAB Bootcamp (w/ Abbie Appel, Carol Murphy) *Workshop*, Step - From Mystery To Mastery *Workshop*, Aerobic Phobic No More *Workshop*, April 2008, RAB Bootcamp *Workshop*, Up, Down & All Around (Step) *Workshop*, Step: Then & Now *Workshop*, April 2007, Lov-A-Ball Lain Low *Workshop*, Full Body Step (w/ Rebecca Lloyd) *Workshop*, April 2006
  - ◆ Tri:Fit Conference, Toronto, Yoga on the Ball *Workshop*, March 2008, Mississauga, Step Blend *Workshop*, April 2006, Getting the Ball Rolling *Workshop*, April 2004, Instructor Retreat, Niagara-On-The-Lake, Musical Phrasing *Workshop*, April 1996
  - ◆ Extreme Fitness, Toronto, Drum Core *Workshop*, March 2008
  - ◆ Can-Fit-Pro Conference, Montreal, Yoga with Resist-A-Ball *Pre-Con*, Get On The Ball *Workshop*, Innovative Intervals on the Resist-A-Ball *Workshop*, RAB Bootcamp *Workshop*, Hard Core *Workshop*, February 2008, Resist-A-Ball Level 2 *Pre-Con*, RAB Latin Style *Workshop*, Raise the Bar *Workshop*, RAB & Soft Med Ball *Workshop*, Full Body Step (w/ Rebecca Lloyd) *Workshop*, January 2007, Resist-A-Ball Level 1 *Pre-Con*, Stability Ball Bootcamp *Workshop*, Raise the Bar *Workshop*, February 2006
  - ◆ Synergize Conference, Lethbridge, RAB Bootcamp *Workshop*, Yoga on the Ball *Workshop*, Core Fusion on the Ball *Workshop*, Hard Core Athletic Training (Ball) *Workshop*, February 2008
  - ◆ Resist-A-Ball Level 2 (Advanced) *Workshop*, January 2008, January 2007, September 2006, October/January 2004, March/February 2003, June/May/April 2002, April 2001 co-presented
  - ◆ Resist-A-Ball Level 1 (Basic) *Workshop*, November/August/May 2007, November/June 2006, January 2004, October/April/March/February 2003, June/May/April/February/January 2002, November/August (co-presented)/April 2001 (co-presented)
  - ◆ Manulife Financial, Toronto, Step Circuitry *Workshop*, BOSU Strength *Workshop*, November 2007, High/Low Choreography *Workshop*, May 1995
  - ◆ Canada Life, Toronto, Resist-A-Ball Cardio Strength Intervals *Workshop*, September 2007, Step *Workshop*, May 2000, Step *Workshop*, November 1995
  - ◆ Can-Fit-Pro Conference, Toronto, Resist-A-Ball Level 2 (w/ Mike Morris) *Pre-Con*, Advanced Core (w/ Mike Morris) *Workshop*, Great Balls of Fire (w/ Mike Morris) *Workshop*, August 2007, Resist-A-Ball Level 1 (w/ Mike Morris) *Pre-Con*, Raise the Bar *Workshop* (twice), August 2006, Step *Masterclass*, August 2002, Low Impact *Masterclass*, August 2001, Cueing *Workshop*, Step Choreography *Masterclass*, September 1996

**Experience (continued)**

- ♦ Can-Fit-Pro Conference, Whistler, Resist-A-Ball Level 1 *Pre-Con*, Havin' A Ball w/RAB *Workshop*, RAB Cardio/Strength Intervals *Workshop*, April 2007
- ♦ Sports Clubs of Canada, Core 1 For Personal Trainers *Workshop*, January 2007, November/September/June/March 2006, August/June/March 2005, November/August 2004
- ♦ Sports Clubs of Canada, Core 2 For Personal Trainers *Workshop*, January 2007, November/August 2006, November/July/April 2005, November/August 2004
- ♦ Oakville Club, Oakville, Intro To Resist-A-Ball *Workshop*, January 2007
- ♦ IDEA World, Las Vegas, Lov-A-Ball Lain Low *Workshop*, July 2006
- ♦ Train the National Resist-A-Ball Trainer Team Levels 1 & 2 *Workshop*, Montreal February 2006, Toronto April/January, Halifax March, Calgary February, Montreal February 2005
- ♦ Train the National Resist-A-Ball Trainer Team Yoga & Pilates *Workshop*, Halifax March, Calgary February, Montreal February, Toronto January 2005
- ♦ Resist-A-Ball Pilates *Workshop*, February 2004
- ♦ Resist-A-Ball Yoga *Workshop*, January 2004
- ♦ ANIE, Montreal, Step *Workshop*, Pump/Sculpt *Workshop*, Hi/Low *Masterclass*, February 2003
- ♦ Resist-A-Ball Cardio *Workshop*, August (co-presented)/April 2001
- ♦ Can-Fit-Pro Holiday Kickoff, Low Impact *Workshop*, December 2001
- ♦ Town of Richmond Hill, Getting the Ball Rolling *Workshop*, April 2002
- ♦ BodyPump Trainer *Intern*, Module 2 ORC, Mississauga January 2000, Module 1 Valhala GoodLife, Toronto, November 1999, Module 1 Plaza Club, Toronto May 1999, Module 1 Glenway, New Market November 1998
- ♦ International Family Fitness, Hamilton, Step *Workshop*, October 1998, Low Impact *Workshop*, April 1998, Step *Workshop*, November 1995
- ♦ City of Mississauga Parks And Rec., Stretching/Back *Workshop*, April 1998, Low Impact *Workshop*, February 1997, Bodysculpt *Workshop*, March 1994, Musical Phrasing *Workshop*, October 1993, Step *Workshop*, September 1993
- ♦ White Oaks, Niagara-On-The-Lake, Cueing *Workshop*, May 1996
- ♦ Curzons Regional Group In-house Training, Toronto, High/Low Choreography *Masterclass*, August 1995, Step Choreography *Masterclass*, January 1995, Warm-Ups *Masterclass*, January 1994, Step *Masterclass*, August 1993
- ♦ Premier Health, Mississauga, Creativity, Cueing & Choreography *Workshop*, February 1994
  
- ♦ *Group Fitness Instructor*, (since 1989 at 20 clubs in and around Toronto)
  - ♦ Extreme Fitness, Toronto, 2006 - present
  - ♦ Roland Semprie Rosedale, Toronto, 2007 - present
  - ♦ Sports Clubs of Canada, Toronto, 1992 - 2007 (now part of Extreme Fitness), Oxygen Fitness, Toronto, 2002 – 2006 (now part of Extreme Fitness), Toronto Athletic Club/Fitness Institute, Toronto, 2007 – 2008 & 1994 – 1996, Curzons, Toronto, 1992 - 1996, Adelaide Club, Toronto, 1993 - 1996, Toronto Athletic Club, Toronto, 1993 - 1994, Sussex Fitness and Racquets, Mississauga, 1991 - 1992, University of Waterloo, Campus Recreation, Waterloo, 1989 – 1991
  
- ♦ *Guest Appearances*
  - ♦ Cardio and Core on the Ball, 4 *Guest classes*, Women's Fitness Weekend, Collingwood, May 2008
  - ♦ Stability Ball *Guest class*, Humber College, Toronto, March 2008, October/November 2007
  - ♦ Step and BOSU *Guest classes*, Manulife Financial Corporate Fitness Centre, Toronto, March 2008
  - ♦ Drum Core *Guest class*, CBC Wellness Fair, Toronto, September 2007
  - ♦ Stability Ball *Guest class*, Aim Trimark Corporate Fitness Centre, Toronto, September 2004
  - ♦ Athletic Drill *Guest class*, Sony Music Canada Corporate Fitness Centre, Toronto, February 2000
  - ♦ Low Impact *Guest class*, City of Mississauga Parks And Rec., December 1996, White Oaks, Niagara-On-The-Lake, May 1996, Nabisco Corporate Fitness Centre, Toronto, February 1996
  - ♦ *Guest Instructor* (22 Classes), Studio 1, Frankfurt, Germany, December 1994
  
- ♦ *Media – DVD Appearances*
  - ♦ *Step – From Mystery to Mastery*, Healthy Learning DVD, 2008
  - ♦ *Aerobic Phobic No More*, Healthy Learning DVD, 2008
  - ♦ *Boot Camp Workout*, Resist-A-Ball DVD, 2007
  - ♦ *Peak Athletic Conditioning*, Resist-A-Ball DVD, 2007

**Experience (continued)**

- ◆ *Cardio/Strength Interval (With Carol Murphy)*, Resist-A-Ball DVD, 2007
- ◆ *Fusion (With Carol Murphy)*, Resist-A-Ball DVD, 2007
- ◆ *Unbeliev-A-Ball (With Stephanie Morris)*, Resist-A-Ball DVD, 2007
- ◆ *Resist-A-Ball Boot Camp*, Healthy Learning DVD, 2007
  
- ◆ *Media – Television Appearances*
  - ◆ *Drum Core*, The Mom Show, Slice Network, (Taped in air in fall 2008)
  - ◆ *Drum Core*, Living in Toronto, CBC, March 2008
  - ◆ *Drum Core (Live)*, Breakfast Television, CityTV, February 2008
  
- ◆ *Media - Writer –Articles Published*
  - ◆ *Resist-A-Ball Boot Camp*, Can-Fit-Pro Magazine, July/August 2008
  - ◆ *Resist-A-Ball Fusion*, with Mike Morris, Can-Fit-Pro Magazine, January/February 2008
  - ◆ *Better Balance and Resist-A-Ball*, Can-Fit-Pro Magazine, September/October 2007
  - ◆ *Make It Better with Resist-A-Ball*, Can-Fit-Pro Magazine, March/April 2007
  - ◆ *Better Posture with Resist-A-Ball*, Can-Fit-Pro Magazine, November/December 2006
  - ◆ *Resist-A-Ball To Go*, Can-Fit-Pro Magazine, September/October 2006
  - ◆ *10 Quick Resist-A-Ball Tips*, Can-Fit-Pro Magazine, July/August 2006
  - ◆ *Mind-Body & Resist-A-Ball For a Healthy Core*, Can-Fit-Pro Magazine, January/February 2006
  - ◆ *Resist-A-Ball with Resistance*, Can-Fit-Pro Magazine, September/October 2005
  - ◆ *Flexibility Training with Resist-A-Ball*, Can-Fit-Pro Magazine, July/August 2005
  
- ◆ *Group Fitness Manager/Co-Ordinator*, Extreme Fitness (Bloor), 2007 – present, (King's Mill Club Aerobic Supervisor 1996-1997, University of Waterloo Campus Recreation Fitness Co-ordinator 1990-1991, scheduling, evaluations, payroll, establishing policies and procedures)
  
- ◆ *Professor*
  - ◆ Humber College, Toronto, 2003- 2007, Group Exercise Leadership Courses for Years 1 and 2
  
- ◆ *Personal Trainer*, Sports Clubs of Canada, Toronto, 1998 – 2007
  
- ◆ *Fitness Counselor*, The Fitness Connection, Mississauga, 1990, fitness evaluations (Microfit System); individualized fitness programming; health screening; demonstration of equipment; supervision of workout areas
  
- ◆ *Choreography/ Demonstrations*
  - ◆ *Choreographer*, Miracles in Motion Aerobic Demo/ Fashion Show, Toronto, April 1996
  - ◆ *Aerobic Demo*, Evian/Ryka Demo Team, CAIN Convention, Toronto, October 1994
  - ◆ *Aerobic Demo*, Evian/Ryka Demo Team, Ontario Spirit Day at Skydome, Toronto, October 1994

**Certification and Training**

- ◆ American Council on Exercise (ACE) Group Fitness Instructor, since 1990
- ◆ American Council on Exercise (ACE) Personal Trainer, since 1993
- ◆ American Council on Exercise (ACE) Lifestyle & Weight Management Consultant, since 1999
- ◆ American College of Sports Medicine (ACSM) Exercise Leader, since 1990
- ◆ Can-Fit-Pro Fitness Instructor Specialist, since 2001
- ◆ Can-Fit-Pro Personal Trainer Specialist, since 2001
- ◆ Yoga Certification (RYT 200), since 2005
- ◆ BodyPUMP / Group Power Instructor, since 1998
- ◆ BodyFlow / Group Centergy Instructor, since 1999
- ◆ BodyStep / Group Step Instructor, since 2001
- ◆ Pilates Reformer (Allegro) Training, since 2000
- ◆ Pilates Mat Training, since 2001
- ◆ Canadian Society for Exercise Physiology Certified Fitness Consultant (CFC), since 1990

**Certification and Training (continued)**

- ◆ Basic Rescuer CPR (Heart and Stroke Foundation of Ontario), since 1988
- ◆ Standard First Aid (St. John Ambulance), since 1988

**Memberships and Professional Affiliations**

- ◆ IDEA, The International Association of Fitness Professionals, Personal Trainer Member
- ◆ Canadian Association of Fitness Professionals (Can-Fit-Pro)
- ◆ Australian Fitness Network
- ◆ East Coast Alliance (ECA)

**Awards and Achievements**

- ◆ 2001 Sports Clubs of Canada Instructor of the Year
- ◆ 1994 - 95 Canadian National Aerobic Championship Men's Individual Bronze Medalist
- ◆ 1994 Canadian Novice Men's Aerobic Champion

**Education**

- ◆ *Humber College*, Toronto, 2004, Teaching Effectiveness Certificate
- ◆ *University of Waterloo*, Department Of Kinesiology, Waterloo, Ontario, degree incomplete (three years completed) September 1988 – April 1991
  - Areas of Study*
    - ◆ Anatomy
    - ◆ Biochemistry
    - ◆ Biomechanics
    - ◆ Exercise Physiology
    - ◆ Nutrition
    - ◆ Psychomotor Behaviour
    - ◆ Psychosocial Kinesiology
    - ◆ Sports Medicine