



# MICOL

# MARIOTTO

PHISICAL EDUCATION  
TEACHER / PERSONAL  
TRAINER

---

Professional Physical Education Teacher and Fitness Coach with over 5 years of experience in promoting health, fitness, and well-being. Skilled in designing engaging lesson plans, leading fitness programs, and motivating individuals to achieve their goals. Passionate about fostering a positive and active lifestyle for students and clients of all ages.



## CONTACTO

Celular: 1154607631

Correo: nanuu3129@gmail.com

Dirección: uriarte Banfield.

ARGENTINA. BUENOS AIRES



## EDUCACIÓN

### Isfd 18

**Senior Physical Education Teacher.  
2021**

- Graduated with Academic Honors.

Personal Trainer y coach fitness

**2015 -2020**

- graduated with Academi Honors.



## PROFESSIONAL EXPERIENCE

### Phisical education Teacher

*Primary School media 13 (abril- octubre)  
Buenos aires*

- Design and implement comprehensive physical education curricula for students of various age groups at primary School
- Organize sports activities and tournaments to encourage teamwork and participation, inclusive environment for all students to explore and enjoy physical activities.

### Fitness coach and Personal Trainer

*sport club / Contrology pilates ( 2021- abril  
2024)*

- Create personalized fitness programs tailored to clients' goals and fitness levels different ages.
- Lead group exercise sessions, including strength training, cardio, and flexibility exercises.
- Educate clients on proper exercise techniques and healthy lifestyle habits.
- Track client progress and adjust plans to maximize results in different area on fitness.



## LANGUAGES

**English** Advance

**Spanish:** Native

**French and Dutch** intermediate Level