



## VIOLETA SOFIA VERASTEGUI

### FITNESS INSTRUCTOR

- ☑ Phone: +54 11 4371-0919 / Mobile: +54 15 2860-3802
- ☑ DNI: 93.759.942 | CUIL: 27-93759942-6
- ☑ Email: viole.sofia@gmail.com
- ☑ Address: Uruguay 251, Capital Federal, Buenos Aires, Argentina – Zip Code: 1015
- ☑ Social Media: Instagram & Facebook @violetaverastegui

### PROFILE

Creator of the campaign "Discover Your Strong Version", where I share and promote StrongNation in parks, sports centers, and clubs. I believe that sharing activities like dance or fitness goes far beyond monetary goals—it's about helping others reach their best mental, emotional, and physical version through healthy habits like mindful eating, meditation, grounding, sun exposure, or connecting with nature.

- ☑ Active Licensed Member: Authorized to teach STRONG Nation
- ☑ New Routines + Exclusive Music monthly
- ☑ Progressions & Modifications (low, basic, and high intensity)
- ☑ Warm-up and Cool-down routines
- ☑ Listed classes on STRONGNation.com
- ☑ STRONG Nation Personal Coaching
- ☑ Student Care & Injury Prevention Guidelines

### DANCE & WELLNESS

I'm a passionate Latin Rhythms Dancer (salsa, merengue, hip hop). Dance is my language, a powerful tool to boost self-esteem and connect with life through movement. I embrace meditation and fitness as a lifestyle, continuously committed to self-discovery and personal growth.

### EDUCATION

Primary: "Normal School N° 5015"  
High School: "Heroínas Las Toledo" (Lima, Peru)  
Tertiary: 1st Year – Dance & Body Expression Teaching (Bahía Blanca School of Dance)  
University: Law Degree at UBA (currently paused)

Current English Study: Intermediate Conversational English Workshop – Program: Let’s Start Talking (Christian Church), with native speakers

## **CERTIFICATIONS & TRAINING**

- STRONG Nation Certification – July 2023
- STRONG Nation Coach with Weights – May 2025
- Urban Styles Fusion Classes – July to December 2022
- Reggaetón Fitness Instructor Training – 2022 & 2023
- Latin Rhythms Instructor – July to December 2023
- RCP / CPR (Valid until 22/08/2024) – OSDE & SportClub "Save Lives with Your Hands"
- Credentials issued by Setten Academy (Dance & Fitness Training Institution)

## **WORK EXPERIENCE**

IAS – Institute of Healthy Activities

☑ Ayacucho 1264, Buenos Aires

Group Fitness Instructor – Localized Training & Indoor Cycling

☑ Since February 2024

American Sports

☑ Av. Hipólito Yrigoyen 4321, Buenos Aires

Indoor Cycling Instructor

☑ Since March 1st, 2025

VILOSGYM

☑ Juan Carlos Cruz 1175, Vicente López

Lead STRONG Nation Instructor

☑ July 1st – October 1st, 2024

REDFIT

☑ Av. Francisco Beiró 5480, Villa Devoto

Lead STRONG Nation Instructor

☑ September 1st – December 30th, 2024

“Discover Your Strong Version” Campaign

☑ Plazas – Barrancas de Belgrano

STRONG Nation Instructor with own student group

☑ October 1st, 2024 – March 1st, 2025

## **SKILLS & ATTRIBUTES**

- ✓Strong leadership and guidance for groups of all sizes
- ✓Motivational approach, ensuring each participant enjoys getting fit
- ✓Passionate about helping students discover their best version
- ✓Certified techniques for safe and fun fitness sessions

✓Responsible, committed, and continuously learning

✓Deep understanding of individual motivations: fitness, therapy, health

### **CAREER GOALS**

To contribute to a positive and professional work environment where I can serve and grow while helping others, sharing my authentic self with joy and dedication.