

Molena Macduff

PILATES INSTRUCTOR

EXECUTIVE PROFILE

I am a licensed pilates instructor specialising in creating exercise programs to fit my clients' strengths and needs. I help people achieve their fitness goals.

YOU CAN CONTACT ME AT:

Mobile: 670-789-5683
Email: pilatesinsaipan@gmail.com
Facebook: Pilates in Saipan
Instagram: @pilatesinsaipan

CAREER MILESTONES

- Most Promising Instructor (2019)
- 120 Pilates Classes Offered (2019)
- Most Energetic Instructor (2020)

MAIN INTERESTS

- Pilates for Rehabilitation
- Pilates for Everyday Life
- Yoga for Kids
- Yogalates for Adults & Kids
- Daily Fitness Routines
- Family Health Plans
- Food Technology
- Pilates for Weight Training

WORK EXPERIENCE

PILATES INSTRUCTOR

Ohio Fitness Club | 2019 - 2020

- Conducts pilates classes 3 times a week
- Serves as an instructor for the people of Garettsville, Ohio
- Creates pilates routines for university students

YOGALATES INSTRUCTOR

San Vicente | Jan 2021 - Present

- Incorporating, planning, and executing yoga and pilates exercises
- Created fitness plans for children
- Created health campaigns for CNMI Elementary Schools

ACADEMIC BACKGROUND

AMERICAN FITNESS PROFESSIONAL ASSOCIATION

Certified Pilates Fitness Instructor

Certified: 2022

NORTHERN MARIANAS COLLEGE

Bachelors of Science in Rehabilitation & Human Services

-Plan interventions needed when clients experience limitations in everyday functioning.

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Ohio Fitness Club



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Children's Yoga San Vicente