

DAHELIA S. HUNT

Professional Fitness Instructor Training

Director of Instructor Training & Certification

International Lecturer / Presenter

Fitness Education Consultant

Personal Fitness Instructor

Degrees: Bachelor of Arts in Physical Education, Master of Arts in Education

Certifications:

PFIT-CPFT

PFIT-CGFI

PFIT-RES-C

PFIT ESNS-C

American College of Sports Medicine ESL

National Academy of Sports Medicine CPT

ACE (IDEA) Foundation Gold Certified

Cancer Exercise Specialist

Powerhouse Pilates - Mat I

Pilates Plus - Mat I, Reformer I, Reformer II

Founder and Co-Director of Certification Programs

American College of Integrative Medicine (ACIM-PFIT), Current
Baylor Sports Medicine Institute (BSMI), 1991 - 2002

Sports Medicine and Performance Institute Of Texas, 1989 – 1991

Co-Author of Professional Fitness Instructor Training School Manual

International Trainer / National Convention Presenter / Choreographer

U.S.A. - Germany - Mexico - Hawaii - South America

3 Time Presenter IDEA Educational Conventions

National Presenter, Fitness Conventions

National Presenter/Lecturer in Fitness Education, FMCA

Founder and Co-Director of Professional Fitness Instructor Training

Basic and Advanced Professional Group Fitness Instructor Training

Personal Trainer Exercise Programming

IDEA / AFAA / NASM / ACSM Continuing Education Provider

Over 25 years as Owner and Manager of Multipurpose Fitness Facilities and Aerobics Studios

Bilingual - English / Spanish