

Lucy Waite

Instructional Associate Professor | Texas A&M University
Department of Health and Kinesiology | Physical Education Activity Program
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EDUCATION

Masters of Science, Health Education December 2008
Texas A&M University, College Station, TX

Bachelors of Science, Biochemistry May 2007
Texas A&M University, College Station, TX

POSITIONS AT TEXAS A&M

Instructional Associate Professor September 2016 – Present
Texas A&M University, College Station, TX
Department of Health and Kinesiology, Physical Education Activity Program

Instructional Assistant Professor January 2009 – May 2012, January 2013 – August 2016
Texas A&M University, College Station, TX
Department of Health and Kinesiology, Physical Education Activity Program

Instructional Assistant Professor May 2015 – July 2015
Texas A&M University at Qatar, Doha, Qatar
Department of Liberal Arts

PROFESSIONAL EXPERIENCE

Master Trainer: BOSU April 2015 – Present
Hedstrom Fitness, Ashland, OH

Master Trainer: Schwinn Indoor Cycle August 2011 – Present
StairMaster, Vancouver, WA

Group Exercise Instructor May 2007 – Present
Texas A&M University, College Station, TX
Department of Recreational Sports

Yoga Instructor for Texas A&M Athletics
Texas A&M University, College Station, TX

- Men's Basketball Summer 2015, Spring 2017, Spring 2019, Spring 2020, Fall 2020
- Women's Basketball Spring 2018
- Women's Volleyball Spring 2018, Fall 2018, Spring 2019, Summer 2019, Fall 2019
- Women's Golf Spring 2020, Fall 2020
- Women's Softball Spring 2017, Spring 2018, Fall 2018, Spring 2019

Personal Trainer

Texas A&M University, College Station, TX
Department of Recreational Sports

August 2011 – October 2015

Fitness Director

Baylor Tom Landry Fitness Center, Dallas, TX

August 2012 – December 2012

Office Assistant to Fitness Director

Texas A&M University, College Station, TX
Department of Recreational Sports

May 2011 – September 2012

Graduate Assistant

Texas A&M University, College Station, TX
Department of Health and Kinesiology, Physical Education Activity Program

August 2007 – December 2008

CERTIFICATIONS

Zumba Rhythms 3	December 2020
WERQ Dance Fit Pro	January 2020
YogaFit Level 2	March 2019
YogaFit Level 5	June 2018
YogaFit Level 4	June 2018
YogaFit Prenatal	March 2018
Barre Above	February 2018, February 2019
YogaFit Level 3	April 2017
PulsePointe barre Primary Instructor	February 2016, January 2017
BodyShred	April 2016
HydroPilates	January 2016
BOSU Master Trainer Specialty Certification	April 2015
ShockWave	August 2014
IndoRow	August 2014
NSCA Certified Personal Trainer	July 2011, December 2014, 2016, 2018, 2020-2022
AFAA Primary Group Exercise	September 2009, 2011, 2013, 2015, 2017, 2019-2021
Schwinn MPower w/Wattage Cycle Certification	August 2013
CPR	Annual, 2007-2021
Zumba Basic Level 1	February 2013
R.I.P.P.E.D.	February 2013
Booty Barre	September 2012
Piloxing	September 2012
TurboKick	October 2007, 2009, 2011
PiYo	October 2007, 2009, 2011
YogaFit Level 1	July 2010
Ellis Lifeguarding	December 2009
Schwinn Indoor Cycle	September 2008, 2011

PROFESSIONAL DEVELOPMENT

BOSU Master Trainer Summit – Hedstrom Fitness	December 2020
F180 Training – Texas A&M College of Education and Human Development	December 2020
ZIN Jam Session – Zumba Remote Live	November 2020

Indoor Cycle Workshop: Effective Cueing – Texas A&M Rec Sports	October 2020
Water Exercise Workshop: Aqua Bar and Band – Texas A&M Rec Sports	September 2020
Dance Fitness Workshop: Warm-Up & Cool-Down – Texas A&M Rec Sports	September 2020
Effective Synchronous Management – Center for Teaching Excellence	September 2020
Body Blaster Workshop: Exercise Progression – Texas A&M Rec Sports	September 2020
Fantastic Friday: Indoor Cycle – Texas A&M Rec Sports	August 2020
Preparing for Face-to-Face Teaching Fall 2020 – Center for Teaching Excellence	August 2020
Fantastic Friday: Yoga – Texas A&M Rec Sports	July 2020
Schwinn Indoor Cycle Master Trainer Summit – Core Health and Fitness	July 2020
Fantastic Friday: Body Blaster – Texas A&M Rec Sports	July 2020
Super Saturday: Lecture- Yoga – Texas A&M Rec Sports	July 2020
Dance Fitness Workshop: Transitioning to Canned Music – Texas A&M Rec Sports	July 2020
Online Teaching Insights – Center for Teaching Excellence	July 2020
Big Splash Canvas Training – Office for Academic Innovation	July 2020
Fantastic Friday: HIIT – Texas A&M Rec Sports	July 2020
ZIN Jam Session – Zumba Remote Live	June 2020
ZIN Jam Session – Zumba Remote Live	May 2020
BOSU Pilates Core Power – Hedstrom Fitness	April 2020
Yoga: The Power of Sequencing – Texas A&M Rec Sports	March 2020
Resistance Training Equipment Breakdown – Texas A&M Rec Sports	March 2020
Body Blaster Workshop: Slanted Riser – Texas A&M Rec Sports	February 2020
TexFit Annual Fitness Conference 2020 – University of Texas at Arlington Rec Sports	February 2020
KINE 120/223 Hypokinetic Conditions Inservice – Physical Education Activity Program	February 2020
Water Exercise Workshop: Creating Water Combos – Texas A&M Rec Sports	February 2020
KINE 120/223 Stress Inservice – Physical Education Activity Program	January 2020
Surge Training – Hedstrom Fitness	December 2019
Dallas Mania Fitness Conference – Sara's City Workout	August 2019
Ready to Roll – Aerobics and Fitness Association of America	August 2019
Super Saturday Fitness Workshops – Texas A&M Rec Sports	July 2019
TexFit Annual Fitness Conference 2019 – University of Texas at San Antonio Rec Sports	February 2019
BOSU Master Trainer Summit – Hedstrom Fitness	January 2019
KINE 120/223 Sexually Transmitted Infections – Physical Education Activity Program	November 2018
KINE 120/223 Innovative Teaching Techniques – Physical Education Activity Program	October 2018
Dallas Mania Fitness Conference – Sara's City Workout	August 2018
Super Saturday Fitness Workshops – Texas A&M Rec Sports	July 2018
IDEA World Fitness Convention – IDEA	June 2018
Engaging and Motivating Today's Students – Center for Teaching Excellence	May 2018
Yoga Wall Workshop – Om Grown Yoga and Physical Education Activity Program	May 2018
International Health & Fitness Summit – American College of Sports Medicine	April 2018
TexFit Annual Fitness Conference 2018 – University of Houston Rec Sports	February 2018
KINE 120/223 Exercise Science Inservice – Physical Education Activity Program	February 2018
Neurobiology of Stressors – Physical Education Activity Program	January 2018
Green Dot Training – Texas A&M Health Promotion	January 2018
Core Health and Fitness Master Trainer Summit – Core Health and Fitness	January 2018
BOSU & Hedstrom Fitness Master Trainer Summit – Hedstrom Fitness	December 2017
Midwest Mania Fitness Conference – Sara's City Workout	September 2017
A&M Boot Camp Sessions 1&2 Training – Texas A&M Rec Sports	Fall 2017
Dallas Mania Fitness Conference – Sara's City Workout	August 2017
Motivating People for Better Health – Aerobic and Fitness Association of America	August 2017
IDEA World Fitness Convention – IDEA	July 2017

B.A.M. (Body and Mind) Fitness Conference – Body and Mind	February 2017
TexFit Annual Fitness Conference 2017 – University of Texas at Austin Rec Sports	February 2017
BOSU & Hedstrom Fitness Master Trainer Summit – Hedstrom Fitness	December 2016
Active Lifestyle China International Fitness Summit – Active Lifestyle	November 2016
Midwest Mania Fitness Conference – Sara’s City Workout	September 2016
Dallas Mania Fitness Conference – Sara’s City Workout	August 2016
DCAC International Fitness Convention – DCAC	August 2016
Atlanta Mania Fitness Conference – Sara’s City Workout	July 2016
IDEA World Fitness Convention – IDEA	July 2016
Super Saturday Water, Step, & Strength Workshops – Texas A&M Rec Sports	June 2016
Wakonse South Annual Conference – Center for Teaching Excellence	April 2016
ACSM Health and Fitness Summit – American Council of Sports Medicine	March 2016
TexFit Annual Fitness Conference 2016 – Texas A&M Rec Sports	February 2016
BOSU Master Trainer Summit – Hedstrom Fitness	December 2015
Discover Your Fitness Personality – Aerobics and Fitness Association of America	September 2015
How to Develop a Wellness Program – Aerobics and Fitness Association of America	September 2015
Introduction to Kettlebell – Strong First	September 2015
Dallas Mania Fitness Conference – Sara’s City Workout	August 2015
Rec-A-Palooz – Texas A&M Rec Sports	August 2015
IDEA World Fitness Convention – IDEA	July 2015
Introduction to Challenge Course – Physical Education Activity Program	March 2015
TexFit Annual Fitness Conference 2015 – Texas State University Rec Sports	February 2015
Triathlon Training Clinic – LiveWell National Olympic Training Center	January 2015
TRX Basic Training – Texas A&M Rec Sports	January 2015
Flow and Meditation – Om Grown Yoga	January 2015

COURSES TAUGHT AT TEXAS A&M

The following is a comprehensive list of the courses and activities taught for Texas A&M University.

HLTH 481: Seminar

- Allied Health (W)
Fall 2017, Fall 2018, Fall 2019, Fall 2020

KINE 120: The Science of Basic Health and Fitness

- Aerobic Running
Fall 2018
- Boot Camp
Fall 2014, Spring 2018
- Indoor Cycle
Fall 2020
- Strength Training
Fall 2014, Fall 2015
- Water Exercise
Fall 2016, Spring 2017
- Yoga
Spring 2019, Fall 2020
- Zumba
Fall 2016, Spring 2017, Fall 2018, Fall 2019

KINE 198: Health and Fitness

- Aerobic Running
Spring 2012, Spring 2014, Fall 2016
- Aerobic Walking
Spring 2010, Spring 2014
- Indoor Cycle
Fall 2011, Summer 2015
- Sports Conditioning
Spring 2013
- Step Aerobics
Fall 2009, Spring 2010, Summer 2010, Spring 2013, Spring 2014
- Strength Training
Fall 2009, Fall 2010, Fall 2011, Fall 2013, Spring 2014, Fall 2014, Spring 2015, Summer 2015, Spring 2016, Spring 2017
- Water Exercise
Spring 2013, Spring 2014
- Yoga
Spring 2010, Spring 2011, Spring 2013, Summer 2013, Fall 2013, Spring 2014, Summer 2014

KINE 199: Activity

- Aerobic Running
Spring 2013
- Boot Camp
Spring 2010, Fall 2010, Spring 2011, Fall 2011, Spring 2012, Spring 2013, Fall 2013, Spring 2014, Fall 2014, Spring 2015, Fall 2015, Spring 2016, Summer 2016, Fall 2016
- Cardio Kickboxing
Spring 2010, Fall 2010
- Fitness Instructor Training
Spring 2015, Spring 2016
- Indoor Cycle
Fall 2009, Spring 2010, Fall 2010, Spring 2011, Fall 2011, Spring 2012, Spring 2013, Fall 2013, Spring 2014, Fall 2014, Spring 2015, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019, Fall 2019, Spring 2020, Fall 2020, Spring 2021
- Major's Aerobic Movement
Spring 2011, Fall 2011, Spring 2012, Fall 2013, Spring 2014, Fall 2014, Spring 2015, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019, Fall 2019, Spring 2020, Fall 2020, Spring 2021
- Sports Conditioning
Fall 2009
- Step Aerobics
Fall 2009, Spring 2010, Fall 2010, Spring 2011, Fall 2011, Spring 2012, Spring 2013, Fall 2013, Fall 2014, Fall 2015, Spring 2016, Fall 2017, Spring 2018, Spring 2019, Fall 2019, Spring 2020, Fall 2020
- Strength Training
Spring 2021
- Triathlon Training
Fall 2014, Spring 2015, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019, Fall 2019, Spring 2020, Fall 2020
- Water Exercise
Fall 2010, Spring 2012

- Yoga
Fall 2009, Fall 2010, Spring 2011, Spring 2012, Spring 2014, Summer 2014, Spring 2015, Summer 2015, Spring 2016, Summer 2016, Fall 2017, Spring 2018, Fall 2018, Spring 2019, Fall 2020, Summer 2021
- Zumba
Fall 2017, Spring 2018, Fall 2018, Fall 2019, Spring 2020, Fall 2020, Spring 2021

KINE 223: Introduction to the Science of Health and Fitness

- Indoor Cycle
Spring 2016, Spring 2017, Spring 2018, Fall 2018, Spring 2019, Fall 2019, Spring 2020, Fall 2020, Spring 2021
- Yoga
Fall 2015, Fall 2017, Spring 2019
- Zumba
Summer 2018

KINE 335: Coaching

- Group Fitness
Spring 2021

KINE 489: Special Topics

- Coaching in Group Fitness
Spring 2020

COURSE/CURRICULUM DEVELOPMENT

KINE 335 Coaching in Group Fitness – wrote textbook and developed course curriculum	Spring 2021
KINE 223 Life Science – wrote quiz questions for Stress and Mental Health topics	Spring 2020
KINE 223 Life Science – filmed new videos for dance cardio movement analysis	November 2018
KINE 120/223 – worked with team to re-structure tools used for peer evaluations	Summer 2018
KINE 120/223 – filmed new videos for indoor cycle movement analysis	April 2016
KINE 198 Health and Fitness – authored and recorded lecture for hybrid courses	Summer 2015
KINE 199 Fitness Instructor Training – assisted in developing curriculum for entire course	Spring 2015
KINE 199 Triathlon Training – revised course syllabus and fitness test standards	Spring 2014

HONORS/AWARDS

TexFit Dance Demo Competition – 1 st Place	February 2020
TexFit Dance Demo Competition – 1 st Place	February 2019
Monster Triathlon – 1 st Place Female 30-34	October 2017
Atlas Triathlon – 2 nd Place Female 30-34	October 2017
Tri-Aggieland – 2 nd Place Female 30-34	July 2017
TexFit Dance Demo Competition – 1 st Place	February 2016
Monster Triathlon – 1 st Place Female 30-34	October 2014
Tri-Aggieland – 1 st Place Female 30-34	April 2014

PUBLICATIONS

Foundations of Aerobic Movement Skyepack Textbook	Fall 2021
Coaching in Group Fitness Skyepack Textbook	Spring 2021
Research, Passion, & Teaching – Interview for Agricultural Journalism	October 2020

BOSU Quick Hit: 10 a Day to Keep the Aches Away!	July 2020
Dance Fitness Skyepack Textbook , co-author with Alexandra Pooley	Spring 2020
Fitness and Wellness – Interview for Agricultural Journalism	February 2019
Career Paths for Fitness Professionals – Interview for Agricultural Journalism	November 2018
Indoor Cycling Skyepack Textbook	Fall 2018
Dimensions of Wellness for Core Health and Fitness	June 2018
Hedstrom Fitness Kamagon at Work	November 2017
Hedstrom Fitness Four for Your Core	October 2017
BOSU Good Education is NOT Hard to Find	April 2017
BOSU Balance Challenge Variables Equal Success for Everyone	August 2016
Ask a Trainer #PTTuesday	September 2015
Schwinn #WorkoutWednesday Class Designs, Warm-Up Ideas, Participant Interaction Tips	March 2015
Schwinn Indoor Cycle Instructor Certification Manual - Contributor	January 2015

CONFERENCE PRESENTATIONS

Cycling: Let the Games Begin!	February 2020
- TexFit 2020 Fitness Conference in Arlington, TX	
BOSU: Cardio Drill Design	February 2020
- TexFit 2020 Fitness Conference in Arlington, TX	
BOSU: Skills & Drills for Group Personal Training Certification	September 2017
- SCW Midwest Mania Fitness Conference in Rosemont, IL	
BOSU: Skills & Drills for Small Group Training Certification	August 2017
- SCW Dallas Mania Fitness Conference in Dallas, TX	
BOSU: Up, Down, All Around	August 2017
- SCW Dallas Mania Fitness Conference in Dallas, TX	
BOSU Basics Workshop	February 2017
- Body and Mind Fitness Conference in Chico, CA	
101 Ways to BOSU	February 2017
- Body and Mind Fitness Conference in Chico, CA	
BOSU Sport Kids	February 2017
- Body and Mind Fitness Conference in Chico, CA	
Meaningful Motivation Workshop	February 2017
- Body and Mind Fitness Conference in Chico, CA	
Schwinn Class Design Crunch Time	February 2017
- Body and Mind Fitness Conference in Chico, CA	
Schwinn Indoor Cycle Instructor Certification	February 2017
- Body and Mind Fitness Conference in Chico, CA	
Class Design Re-Cycle	February 2017
- TexFit 2017 Fitness Conference in Austin, TX	
BOSU Personal Trainer Certification *Invited	November 2016
- Active Lifestyle Summit in Beijing, China	
101 Ways to BOSU *Invited	November 2016
- Active Lifestyle Summit in Beijing, China	
Renegade – Athletic Circuits Reinvented *Invited	November 2016
- Active Lifestyle Summit in Beijing, China	
BOSU Complete Instructor Certification	October 2016
- SCW Midwest Mania Fitness Conference in Rosemont, IL	
101 Ways to BOSU	October 2016
- SCW Midwest Mania Fitness Conference in Rosemont, IL	

BOSU Complete Instructor Certification	August 2016
- SCW Dallas Mania Fitness Conference in Dallas, TX	
Yoga Beatz w/Gretchen Gegg	August 2016
- DCAC International Fitness Education Conference in Reston, VA	
Meaningful Motivation w/Gretchen Gegg	August 2016
- DCAC International Fitness Education Conference in Reston, VA	
The Exercise Equation	August 2016
- DCAC International Fitness Education Conference in Reston, VA	
Mentoring: Practical Means to Positive Ends	August 2016
- DCAC International Fitness Education Conference in Reston, VA	
BOSU Complete Instructor Certification	July 2016
- SCW Atlanta Mania Fitness Conference in Atlanta, GA	
BOSU Complete Instructor Certification <i>*Invited</i>	July 2016
- IDEA World Fitness Convention in Los Angeles, CA	
101 Ways to BOSU <i>*Invited</i>	July 2016
- IDEA World Fitness Convention in Los Angeles, CA	
Schwinn Indoor Cycle: Girl Power 2.0 w/Keli Roberts and Shannon Fable <i>*Invited</i>	July 2016
- IDEA World Fitness Convention in Los Angeles, CA	
ZoomBox	February 2015
- TexFit 2015 Fitness Conference in San Marcos, TX	
Movement Motivation	June 2014
- TAHPERD Annual Convention in Dallas, TX	
Schwinn Indoor Cycle Instructor Certification w/Doris Thews	February 2012
- EMPOWER! Fitness Convention in Dallas, TX	
Excite Bike	February 2012
- TexFit 2012 Fitness Conference in San Antonio, TX	
Yoga Beatz	February 2012
- TexFit 2012 Fitness Conference in San Antonio, TX	
A Ride to Remember	February 2011
- TexFit 2011 Fitness Conference in College Station, TX	
Jump Rope Jam!	February 2010
- TexFit 2010 Fitness Conference in San Marcos, TX	

NON-CONFERENCE PRESENTATIONS

Texas A&M Rec Sports Fitness Instructor Training Series	Spring 2021
- Texas A&M Rec Sports in College Station, TX	
Texas A&M Rec Sports Fitness Instructor Training Series	Fall 2020
- Texas A&M Rec Sports in College Station, TX	
Flourish: Ball and Band Workshop Series	Summer 2020
- Texas A&M University faculty and staff in College Station, TX	
Texas A&M Rec Sports Fitness Instructor Training Series	Summer 2020
- Texas A&M Rec Sports in College Station, TX	
Together We Ride – Global Schwinn Master Trainer Indoor Cycle Experience	May 2020
- Core Health and Fitness Online	
Zumba Fitness Outreach Workout	February 2020
- Texas A&M Sigma Alpha in College Station, TX	
Let the Games Begin!	January 2020
- Texas A&M PEAP faculty in College Station, TX	

Schwinn Indoor Cycling Class Design Instructor Workshop	October 2019
- Galveston Cycle Studio in Galveston, TX	
Zumba Fitness Outreach Workout	October 2019
- Texas A&M Alpha Kappa Alpha in College Station, TX	
Motosumo Workshop and Demo	October 2019
- Rice University in Houston, TX	
Texas A&M Rec Sports Fitness Instructor Training Series	Spring 2019
- Texas A&M Rec Sports in College Station, TX	
International Women's Day Speaker	March 2019
- Aggie Blossoms in College Station, TX	
Piloxing Fitness Outreach Workshop	October 2018
- Texas A&M Lambda Theta Alpha in College Station	
Zumba Fitness Outreach Workshop	October 2018
- Gardens Apartment Complex in College Station, TX	
Six Super Cycle Stages	July 2018
- Texas A&M Rec Sports in College Station, TX	
Texas A&M RecSports Fitness Instructor Training Series	Spring 2018
- Texas A&M Rec Sports in College Station, TX	
Zumba Fitness Outreach Workshop	March 2018
- Texas A&M Kappa Kappa Gamma in College Station, TX	
Zumba Fitness Outreach Workshop	February 2018
- Texas A&M Chi Omega in College Station, TX	
BOSU Skills & Drills Workshop	June 2017
- Texas A&M Rec Sports in College Station, TX	
Resistance Band Workshop	June 2017
- Texas A&M Rec Sports in College Station, TX	
Sound System and Microphone Training	June 2017
- Texas A&M Rec Sports in College Station, TX	
Texas A&M Rec Sports Fitness Instructor Training Series	Spring 2017
- Texas A&M Rec Sports in College Station, TX	
Health and Fitness Zumba Session	March 2017
- Texas A&M College of Education and Human Development in College Station, TX	
Zumba Fitness Outreach Workshop	February 2017
- Texas A&M Gamma Phi Beta in College Station, TX	
BOSU Personal Trainer Certification	November 2016
- Active Lifestyle in Shanghai, China	
Kamagon Workshop	November 2016
- Active Lifestyle in Shanghai, China	
All the Right Cues	October 2016
- 229 Yoga in Albany, GA	
Class Design Crunch Time	October 2016
- 229 Yoga in Albany, GA	
Schwinn Indoor Cycle Master Trainer Ride	August 2016
- 24-Hour Fitness in Houston, TX	
Core Pole Workshop	June 2016
- Texas A&M Rec Sports in College Station, TX	
Stability Ball Workshop	June 2016
- Texas A&M Rec Sports in College Station, TX	
Yoga Beatz Workshop	June 2016
- Texas A&M Rec Sports in College Station, TX	

Texas A&M Rec Sports Fitness Instructor Training Series	Spring 2016
- Texas A&M Rec Sports in College Station, TX	
Zumba Fitness Outreach Workshop	November 2015
- Texas A&M Women in Business in College Station, TX	
Zumba Fitness Outreach Workshop	October 2015
- Texas A&M Women Engineers in College Station, TX	
ZoomBox First Friday Fitness Challenge	September 2015
- Texas A&M University in College Station, TX	
Cycle 45 First Friday Fitness Challenge	September 2015
- Texas A&M University in College Station, TX	
Disco Cycle	August 2015
- Cooper Craig Ranch Fitness in McKinney, TX	
Indoor Cycle Workshop	July 2015
- Texas A&M Rec Sports in College Station, TX	
Resistance Training Workshop	July 2015
- Texas A&M Rec Sports in College Station, TX	
Gliding Disc Workshop	June 2015
- Texas A&M Rec Sports in College Station, TX	
Texas A&M Rec Sports Fitness Instructor Training Series	Spring 2015
- Texas A&M Rec Sports in College Station, TX	
Cycle: Educate and Motivate	June 2014
- Texas A&M Rec Sports in College Station, TX	

SCHWINN INDOOR CYCLE INSTRUCTOR CERTIFICATION PRESENTATIONS

EoS Fitness, Sarasota, FL <i>*pending</i>	August 2021
Defined Fitness, Rio Rancho, NM <i>*pending</i>	August 2021
Bell Road Family YMCA, Montgomery, AL	April 2021
Crunch Fitness, Odessa, TX	March 2021
Crunch Fitness, Midland, TX	February 2021
Crunch Fitness, Wichita Falls, TX	November 2020
Crunch Fitness, San Antonio, TX	October 2020
Georgia Southern University – Armstrong Campus, Savannah, GA	March 2020
Crunch Fitness, Spring, TX	February 2020
Crunch Fitness, Longview, TX	February 2020
Crunch Fitness, Tyler, TX	February 2020
Crunch Fitness, League City, TX	December 2019
Crunch Fitness, Midland, TX	December 2019
Texas A&M University, College Station, TX	November 2019
Crunch Fitness, Dothan, AL	November 2019
Mitch Park YMCA, Edmond, OK	November 2019
Barshop Jewish Community Center, San Antonio, TX	October 2019
Rice University, Houston, TX	October 2019
Galveston Cycle Studio, Galveston, TX	October 2019
Crunch Fitness, Edinburg, TX	September 2019
24-Hour Fitness – Kessler Park, Dallas, TX	August 2019
Sky Fitness & Wellbeing, Tulsa, OK	July 2019
Northwest YMCA, Fort Worth, TX	June 2019
24-Hour Fitness, Fort Worth, TX	June 2019
Northwest YMCA, Fort Worth, TX	June 2019

Crunch Fitness – Canton, Baltimore, MD	April 2019
Boise State University, Boise, ID	April 2019
Crunch Fitness, Lubbock, TX	February 2019
Kingsland Health & Fitness, Kingsland, TX	January 2019
Crunch Fitness, Newport, KY	January 2019
Edge Fitness Clubs, Orange, CT	December 2018
Texas A&M University, College Station, TX	November 2018
Crunch Fitness, Tuscaloosa, AL	November 2018
GHS Life Center, Greenville, SC	November 2018
NIRSA Region IV Conference, College Station, TX	October 2018
Crunch Fitness, Killeen, TX	October 2018
Cycle Hub, San Antonio, TX	September 2018
CU Denver Lola & Rob Salazar Student Wellness Center, Denver, CO	September 2018
Shalom Austin- Jewish Community Center, Austin, TX	August 2018
Crunch Fitness, Round Rock, TX	July 2018
EMPOWER! LifeTime Fitness, Houston, TX	June 2018
National Training Center, Clermont, FL	February 2018
YMCA, Harker Heights, TX	January 2018
SPIN ICT, Wichita, KS	January 2018
Texas A&M University, College Station, TX	November 2017
Gold's Gym – Rustic Hills, Colorado Springs, CO	September 2017
YMCA of St. Petersburg – Bardmoor Branch, Largo, FL	August 2017
Genesis, Broken Arrow, OK	August 2017
Crunch Fitness, San Francisco, CA	July 2017
Crunch Fitness, Laredo, TX	June 2017
Dancer's Shape, Austin, TX	May 2017
Rock Fitness Center, Laredo, TX	May 2017
YMCA Golden Crescent, Victoria, TX	May 2017
Katy Main St. YMCA, Katy, TX	April 2017
Katy Main St. YMCA (2), Katy, TX	April 2017
Armed Services YMCA, Harker Heights, TX	March 2017
Gold's Gym, Laredo, TX	March 2017
University of Denver, Denver, CO	December 2016
24-Hour Fitness – Hwy 249, Houston, TX	November 2016
24-Hour Fitness, Grand Prairie, TX	November 2016
Texas A&M University, College Station, TX	October 2016
Equinox – Pine Street, San Francisco, CA	September 2016
24-Hour Fitness, Houston, TX	September 2016
Gold's Gym, San Antonio, TX	July 2016
Armed Services YMCA, Harker Heights, TX	July 2016
Downtown YMCA, Fort Worth, TX	May 2016
North Park YMCA, Fort Worth, TX	May 2016
The Firm Cardio Studio, Arlington, TX	May 2016
The Ride House, Dallas, TX	April 2016
24-Hour Fitness, Broomfield, CO	March 2016
24-Hour Fitness, Grand Prairie, TX	March 2016
University of Texas at San Antonio, San Antonio, TX	January 2016
24-Hour Fitness – Rice Village, Houston, TX	January 2016
Texas Health Racquet Club, San Marcos, TX	January 2016
Texas A&M University – Commerce, Commerce, TX	January 2016

229 Yoga, Albany, GA	December 2015
24-Hour Fitness, Dallas, TX	December 2015
24-Hour Fitness, Sugarland, TX	December 2015
24-Hour Fitness, Southlake, TX	November 2015
Texas A&M University, College Station, TX	November 2015
24-Hour Fitness, Aurora, CO	November 2015
24-Hour Fitness, Austin, TX	October 2015
Crunch Fitness, West Babylon, NY	August 2015
SHiFT Cycling, New Haven, CT	August 2015
Parmer Fitness Center, Austin, TX	April 2015
Full Pedal, Reno, NV	April 2015
Texas A&M University, College Station, TX	January 2015
LiveWell, Clermont, FL	January 2015
Gold's Gym, Round Rock, TX	January 2015
Genesis Health Club, Salina, KS	December 2014
Genesis Health Club, Wichita, KS	December 2014
Cycle Scape, Walnut Creek, CA	October 2014
Power Cycle, Lincoln, NE	October 2014
Cycle Hub, San Antonio, TX	August 2014
LifeTime Fitness, San Antonio, TX	June 2014
A Sante Lakeside Fitness, Tahoe City, CA	June 2014
CaroMont Fitness, Gastonia, NC	June 2014
University of Texas at San Antonio, San Antonio, TX	May 2014
24-Hour Fitness, Houston, TX	February 2014
24-Hour Fitness, Plano, TX	February 2014
CrossFit Southbay, Torrance, CA	February 2014
Equinox, Dallas, TX	January 2014
Walden Racquet Club, Conroe, TX	December 2013
Texas A&M University, College Station, TX	November 2013
Auburn University, Auburn, AL	November 2013
YMCA Downtown Orlando, Orlando, FL	October 2013
Colorado Athletic Club, Denver, CO	September 2013
Tarleton State University, Stephenville, TX	August 2013
24-Hour Fitness, Bedford, TX	May 2013
Gold's Gym, Humble, TX	April 2013
24-Hour Fitness, Pearland, TX	April 2013
The Spa Williams Island, Aventura, FL	March 2013
Canyon Ranch, Lenox, MA	February 2013
Donelson Heritage YMCA, Nashville, TN	January 2013
Katy YMCA, Katy, TX	January 2013
S&L Tri-Cycle Fit Studio, St. Charles, IL	December 2012
Robert D. Fowler YMCA, Norcross, GA	October 2012
Texas A&M University, College Station, TX	October 2012
Los Alamos National Laboratory, Los Alamos, NM	September 2012
Wynn-Ever Fitness, Brunswick, GA	September 2012
Texas A&M University, College Station, TX	June 2012
Camp Pendleton Base Bldg #110, Camp Pendleton, CA	March 2012
YMCA of Greater St. Petersburg, St. Petersburg, FL	January 2012
Revolution Cycle, Brandon, FL	December 2011
Dallas Mania w/Julz Arney, Dallas, TX	August 2011

ADVISING FOR STUDENT ORGANIZATIONS

Aggie Blossoms	2019 – Present
Freestyle Underground Street Dancers (FUSD)	2010-2012, 2017 – Present
Texas A&M Obstacle Course Racing	2016 – Present

SERVICE

Mentor for new Texas A&M Rec Sports fitness instructors	Summer 2020, Fall 2020
P.E. at Home online fitness program for K-12	Fall 2020
Mentor for new Texas A&M Rec Sports fitness instructors	Summer 2019, Fall 2019
Judge Texas A&M Rec Sports Fitness Instructor Auditions	Spring 2018, Spring 2020
Flourish Faculty & Staff Yoga Classes	Spring 2020
Can-struction with Aggie Blossoms	Spring 2020
Enhance new PEAP Faculty	Fall 2018, Fall 2019
Wellness Works Faculty & Staff Water Aerobics	Summer 2019
Mentor for Health Teacher Certification Students	Spring 2018, Spring 2019
Wellness Works Faculty & Staff Zumba Classes	Spring 2019
Show Yourself Some Love with Texas A&M Rec Sports	February 2019
Power Hour with Texas A&M Health Promotion	February 2019
Yoga Instructor Collaboration at Craig Ranch Fitness	January 2019
Mentor for new Texas A&M Rec Sports fitness instructors	Fall 2018
Wellness Works Faculty & Staff Yoga & Zumba Classes	Spring 2018, Summer 2018, Fall 2018
Wellness Works Faculty & Staff Cardio Fusion Classes	Spring 2018, Summer 2018
Aerobics Instructor Dino-Cisers Women's Group	Fall 2014 – Summer 2017
Big Event Participant	March 2017
Spring Branch ISD and Texas A&M Coaching Academy Assistant	November 2015, November 2016
Wellness Works Faculty & Staff Yoga Classes	Summer 2016, Fall 2016
Yoga Instructor for Scruggs family (MS and Cerebral Palsy patients)	Spring 2015, Summer 2015, Fall 2015

MEMBERSHIPS TO ORGANIZATIONS

National Multiple Sclerosis Society	2017 – 2020
National Strength and Conditioning Association	2020
Zumba Instructors Network	2016 – 2020
BodyShred Instructor Organization	2016 – 2017
National Intramural Recreational Sports Association	2016 – 2017
IDEA Member	2015 – 2017

COMMITTEES

A-1 Committee for Physical Education Activity Program	2015 – Present
PEAP Section Leader for Indoor Cycle	2015 – Present
PEAP Promotion Committee	2020 – Present
Outstanding Graduate Teaching Assistant Committee	2015, 2016, 2017, 2021
Texas A&M Rec Sports Hiring Committee for Assistant Director of Aquatics	2018
Interdisciplinary Studies Major Committee – Fitness	2017
Texas A&M Rec Sports Participant Advisory Committee Member	2014 – 2016

ATTESTATION OF VITA AND DOSSIER

The curriculum vitae being submitted as part of this dossier is current and correct as of signature date.

Lucy Waite
Signature

JULY 19, 2021
Date