

Emily Monroe-Jones

emily@pinnacle4performance.com

Employment History:

2017 – Present

Pilates Instructor and Intelligent Movement Practitioner

Pinnacle Performance II, Salt Lake City, UT

2016 – Present

R & R Training, Owner/ Personal Trainer

2009 - 2016

Personal Trainer, Performance Consultant, Triathlon & Swim Coach

Sports Academy Racquet Club, Logan, UT

1999-2014

Office Manger

Monroe Veterinary Options, Salt Lake City, UT

2008-2009

Personal Trainer, Foothill Personal Training, Salt Lake City, UT

1998-2009

Personal Training, Masters Swim Director, Spinning and Strength Training instructor.

Snowbird CRC & Murray Park Center, Salt Lake City, UT

Education:

University of Utah

Bachelor of Science in Psychology, Minor in Chemistry (December 1998)

Certifications:

Polestar Pilates Practitioner (2019)

Core Align Practitioner (2018)

OOV Education level 3 (2017)

Spin Power (2016)

USA Triathlon Level 1 Certification (2010)

Stages Indoor Cycling (2008)

TRX certification (2006)

Physical Mind Mat Pilates (2003)

Precision Cycling Instructor (2001)

AFAA Personal Trainer Certification (2004)

Spinning Instructor Certification (1999)

ACE Personal Trainer Certification (1999)

ACE Group Fitness Instructor Certification (1998)

Continuing Education:

TRX Rip trainer

TRX Functional Training

Precision Nutrition

Total Immersion Swimming