



CHELSEA GROEN

NASM CPT

Chelsea is an NYC based personal trainer, teaching artist, and actor with 10 years of personal training and group fitness experience. She is a graduate of The University of Michigan with a BFA in Musical Theatre and a Social Work minor. She has trained at both corporate and boutique gyms in NYC, and currently trains clients privately in their home gyms and via Zoom. She has starred in fitness videos, creates customizable workout plans, and teaches dance, theatre, and voice to students of all ages and backgrounds. As a performer, Chelsea has performed across the country in the Broadway National tours of WICKED as Glinda and HELLO DOLLY as Minnie Fay. She holds an active NASM CPT and CPR/AED Certifications.

CONTACT

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www.chelseacreegroen.com

EXPERIENCE:

FREELANCE PERSONAL TRAINER (2019- present)

Trains clients over Zoom, at home, and in the park, as well as create customized workout plans.

BACKBRIDGE FITNESS CONSULTANT (current)

Consults with creator, Dr. Todd Sinett on how to utilize the Backbridge as a stretching and fitness tool. Creates workout plans, videos, and classes for their social media, upcoming book, and led a stretching class at Hearst for the brand.

NYSC ASTORIA (2015- 2017)

Worked as a part- time personal trainer and led small group fitness classes. Established my client base and made sales from the ground up by offering complimentary assessments and training sessions

CLUB FITNESS NYC (2017-2019)

Started as a sub and eventually led and created multiple group fitness classes of my own. Taught classes including Bootcamp. Total Body Conditioning, Body Weight Conditioning, Dance Cardio, and Stretch/Meditation classes.

SHISEIDO JAPAN WORKOUT VIDEOS

Created and starred in original workout videos for Shiseido online platform.

EDUCATION:

UNIVERSITY OF MICHIGAN

BFA Musical Theatre

Minor: Community Action and Social Change

NASM CPT

CPR/ AED Certified

ADDITIONAL EXPERIENCE:

TEACHING ARTIST (15+ years)

DIRECTOR/CHOREOGRAPHER (8 years)

AEA ACTOR, SINGER, DANCER, VOICE OVER ARTIST

*Separate teaching and performance resumes available upon request.