

# George Eckenrode

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## Summary

I have been training and instructing Indoor Cycle classes and Pilates classes for over fourteen years. Additionally, I am a member of AFFA and a certified Personal Trainer. My interests, training concepts and methodologies are strictly based on a strong understanding of heart rate zones and the teachings of [Joseph Pilates](#). I appear in numerous television promotions and documentaries created and distributed by [Mad Dogg Athletics](#) - Spinning. I personally lost 100 pounds in nine months starting the Spinning program.

## Employment

- November 1998 - Present: Spinning Instructor at [The YMCA of Jacksonville, Florida](#)
- January 2000 - 2009: Pilates Group Mat Instructor at [The YMCA of Jacksonville, Florida](#)
- September 2004 - 2007: Spinning Instructor at [The YMCA of Torrance - Los Angeles, California](#)
- September 2004 - 2007: Pilates Group Mat Instructor at [The YMCA of Torrance - Los Angeles, California](#)
- September 2004 - 2007: Spinning Instructor at Toyota at [Toyota Headquarters - Torrance - Los Angeles, California](#)

## Certifications / Licenses

- [AFFA Personal Trainer Certification](#) - PT# 108-3
- Aerobics and Fitness Association of America - Member Number: 242245
- [Johnny G Certified Spinning Program Instructor Certification](#) - JGSI #: 32386
- [Sally Edwards Blue Jersey Heart Zone Certification](#)
- [Sally Edwards Green Jersey Heart Zone Certification](#)
- YMCA Indoor Cycle Certification
- YMCA Kickboxing Certification aka Thomas the Promise Certification
- Pilates Mat Certification - Group and Personal - [The Method Pilates - Physicalmind Institute](#)
- Pilates Mat Certification - [PowerHouse Pilates](#)
- YMCA Pilates Group Mat Certification
- Pilates Power Bands with Yoga Certification- [FitTour](#)
- American Heart Association - CPR
- CPR Certification - [Emergency University](#)
- Automatic Defibrillator Certification - [Emergency University](#)
- Sleep Training - [Emergency University](#)
- First Aid Training - [Emergency University](#)
- Ergonomics Training and Assessment - [Emergency University](#)
- Heat Related Illness Training - [Emergency University](#)

## Education

- B.S. Music - [The Juilliard School of Music](#) - NYC, New York
- A.S. Computer Science - [SUNY](#) - Loch Sheldrake, New York
- Graduate Work (statistics) - [Binghamton University](#) - Binghamton, New York
- Graduate Work (computer science) - [Cincinnati Technical College](#) - Cincinnati, Ohio

## Personal Interests

- [Indoor cycling \(Spinning\)](#) - YMCA instructor
- [Pilates](#) - YMCA instructor
- [Cooking](#)
- [Photography](#)
- [Craft Beer Brewing](#)