

**City of Doral Parks & Recreation**  
**RECREATION & FITNESS PROGRAM PROPOSAL FORM**

Individuals or companies interested in proposing their programs and services to offer in City Parks & Facilities must complete and return this form attached to the Request for Proposal.

**Program Name:**

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**Instructor/Company Name:**

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**1. Program Description**

*Description should include description of the program and details such as: participant ages, number of times program is offered (weekly/monthly), time of program (morning, afternoon, evening, weekends), materials to be provided by instructor/participant.*

**Program Description**

Zumba is a high-energy dance-fitness program that combines Latin and international rhythms with cardio, strength, and fun! It's perfect for participants of all ages and fitness levels. The program is tailored to help participants stay active, relieve stress, and build a sense of community through music and movement.

**Program Details**

**Participant Ages:** Classes are open to all age groups:

Kids (5–12 years old)

Adults (13–64 years old)

Seniors (65+)

**Class Schedule:**

**Frequency:** Classes can be offered weekly or multiple times per week.

**Time Options:** Morning, afternoon, evening, and weekend sessions available. Flexible schedules can be discussed to meet participant needs.

**Class Duration:** Each class lasts approximately 45–60 minutes.

**Materials Provided by Instructor:**

Music and sound system

Customized workout routines

Encouraging and positive energy to motivate participants

**Participant Requirements:**

Comfortable workout attire and sneakers

Water bottle and towel

## **Program Description Continued**

### **Additional Program Offerings**

I also offer boot camp and functional training sessions, which can complement Zumba classes for a more comprehensive fitness program.

Let's work together to design a fitness schedule that brings energy, health, and happiness to your group or community! Feel free to reach out for more information or to discuss specific program needs.

**Program Participant Fee(s):**

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Proposed Hourly rate/per class fee:  
*(city to pay instructor) if applicable*

80\$ per class session

**Any additional Program Requirements:**

**Other locations you have offered this program:**

**Instructor Experience & Qualifications:**

*(provide experience/qualifications of the company and all instructors that will be offering program) Additional sheets can also be attached with resume/CV.*

I'm a certified Zumba instructor with over [X years] of experience working with diverse participants, including children, adults, and seniors. My background includes teaching at Miami Dade Kendall Campus, healthy food restaurants, and children's summer camps, as well as collaborating on fundraisers for schools and churches. I am passionate about creating fun, engaging fitness programs that bring communities together.

## Instructor Experience & Qualifications Continued

- Ladies of Miami since October 2023 through now. Owner: Yerisleidy 7866562292. 15844 SW 137 ave Miami FL 33177.

- Miami Dade College Kendall Campus since July 2016 through 2022. Fitness Director: Magdalena Rosell.

Contact: mrosell@mdc.edu.

- Miami Dade College Wolfson Campus since September 2019 through 2022. Fitness Director: Daniel Estape

Contact: destape@mdc.edu.

- L.A. Fitness L.L.C. Miami Florida since January 2016 through now. Tel: 9153426157. Activity Fitness Director: Myranda Varen.

- UFC GYM Kendall Florida since January 2018 through 2021. Tel 3056805990.

- Pacho's Studio Miami since January 2017 through March 2018. Owner: Antonio Lopez 3057646297.

- Lady of America of Sunset. Miami, FL. Since May, 2016 through October 2016. Tel.: 305 270 9995. Manager: Carla.

- I teach private lessons to students and general public from different institutions and companies (January 2009- currently).

2016

- Certification of Zumba Fitness. Basic Steps Level 1. Conducted by Erick Santana. Miami, FL.

- Zumba ZIN Member since January 2016.

- Certification of Cycling Indoor foundations by Keiser M3. February 2016.

- Certification of Kick Box Cardio Training by Kc Lee American Council on Exercise. November 04.

- Certification of Aqua Fit Training by Kc Lee American Council on Exercise. November 05.

- Certification of Body Works Training by Kc Lee American Council on Exercise. November 05. 2018

- Certification of Strong by Zumba Fitness at Zumba Covention in Orlando. July 2018.

- Certification of Zumba for Kids and Zumba Kids Jr. at Zumba Covention in Orlando. July 2018.

2019

- Certification of Body Works Training by Kc Lee American Council on Exercise. July 21.

2021

- Register Pharmacy Technician #95916 since 2021. License expiry: 12/21/2026.

- Pharmacy Technician Certification Board (CPhT) number: 30167637.

2022

- CPR and AED issued by the American Heart Association (10/27/2014) Training Center Name: E.R.T. # 05480.

Conducted by the Instructor Angel Sotolongo. Miami FL.



**Greisy Carolina  
Jelambi Landino**

Date of birth:  
Oct/ 25/ 1990

Country of Birth:  
Venezuela

Address:  
7483 sw 162<sup>nd</sup> path  
Miami Fl 33193

Mobile: 305-7938439

greisy114@hotmail.com

IG:@greys.totaltraining

## **Fitness Group Instructor**

### **Skills:**

- Excellent development of Zumba, Zumba Kids, Boot camp, Strong by Zumba, toning and boot camp classes.
- Great ability to motivate small or large groups of people.
- Ability to assemble, explain and develop simple and advanced exercises.
- Increase positive and strength thoughts and improve group relationships.

### **Experience:**

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IG:@greys.totaltraining

## Certificates and Courses

### 2014

- Practical workshop of Salsa Fit conducted by Vibefit Events. Speaker: Richard Guevara. Maracaibo - Venezuela.
- Workshop fundamental tools for effective instructor conducted by Vibefit Events. Speaker: Richard Guevara. Maracaibo - Venezuela.
- CPR and AED issued by the American Heart Association (10/27/2014) Training Center Name: E.R.T. # 05480. Conducted by the Instructor Angel Sotolongo. Miami Fl.

### 2016

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**2022**



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