

TEDDY EDUARD SANGKAY
Jalan Karet Hijau no 15
Beji Timur, Depok 16422
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Personal Training Certification

February 2008	International Fitness Professional Association Anti Aging and Personal Training (Jakarta - 2008)
October 2007	Life Fitness Academy Whole Body Vibration / Fit Vibe Training (2007)
May 2006	Life Fitness Academy Personal Training for shape Certificate in Advance Instructor Training
August 2005	Reebok University Rep Reebok, Core Pilates and Personal Training
July 2003	Life Fitness Academy Certificate in Advance instructor Training
August 2001	Cybox Institute Certificate in strength training
March 1997	American Fitness Professional Association Certificate in Fitness Instructor
March 1997	Future Fit Certificate in Fitness Instructor
September 1996	L.A. Fitness Certificate in Fitness Instructor / 26 hour training Program Approved by ACE (American Course of Exercise)
October 1995	Bally's Total Fitness Certificate in Fitness instructor / 40 hour training Program Approved by ACE (American Course of Exercise)
July 1995	Progressive Fitness Certificate in Fitness instructor / 40 hour training Program Approved by ACE (American Course of Exercise)

Experience:

* Center Manager :	Lifespa Fitness and Spa WTC Mangga Dua / Ratu Prabu / Sultan Hotel Fit For Two Fitness (Tangerang 2006-2007) V-Posture Fitness & Spa (Hotel Ciputra 2006)
* Personal Trainer :	Lifespa Fitness and Spa – May 2006 – Present Club Taman Angrek - 1998 – 2006 Freelance Personal Trainer : L.A Fitness (Los Angeles) 1995 – 1997

*** Specialties: **Fat Loss Program / Body Shaping / Muscle Toning / Core Training****