

# SKIP JENNINGS

**Author - Speaker - Minister - Yogi - Healer**

Culver City, CA 90230  
skip@skipjennings.com  
949-338-5551

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1. To work with an online wellness brand
  2. Public Speaking Opportunities
  3. Life Coaching Opportunities
  4. Position in Ministerial
  5. Teach Yoga and Meditation
- Willing to relocate: Anywhere

## WORK EXPERIENCE

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### **Owner and Operator**

**Mind Body Spirit Solution L L C** - Los Angeles, CA  
April 2014 to Present

Author, Public Speaker, Life Coach, Minister, Ministerial Counselor, Wellness Coach, Yoga Instructor, Podcast Host, Web-Talk Show Host, Personal Fitness and Yoga Coach, Reiki Healer, Meditation Instructor

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### **Group Fitness Manger, Group Fitness Instructor**

**Equinox Fitness Inc** - Los Angeles, CA  
September 2005 to July 2020

Monitored and supervised group fitness classes and programs. Recruit and hire group Fitness and yoga instructors. Manage fitness programming and personnel. Teaching group fitness, yoga, and meditation classes. Social media marketing. Presenting and training educational programing.

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### **Self-Employed**

**Mind Body Spirit Solution L L C** - Los Angeles, CA  
November 2000 to 2020

Presenting and, Educational Trainer for 24 Hr. Fitness, Crunch, Equinox, Sports Club LA, Bosu, Nautilus, Schwinn, Stairmaster, Urban Rebounding, Gliding, Bender Ball, IDEA Health and Fitness, Sara City Workout, AIRSHIP, Star Trac Precision Cycling, EFI Gravity,

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### **Group Fitness Manager/Group Fitness Instructor**

**Crunch Fitness** - Mission Viejo, CA  
August 2004 to August 2005

Monitored and supervised group fitness classes and programs. Recruit and hire trainers and instructors. Manage overall programming.

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### **Fitness Director/Group Fitness Instructor/Personal Trainer**

**Back Bay Fitness** - Costa Mesa, CA  
January 2004 to August 2004

Manage education and programming. Trainer to Group Fitness Instructors.

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### **Group Fitness Coordinator/Group Fitness Instructor/Personal Trainer**

**24 Hour Fitness** - Orange County, CA, US  
March 1998 to November 2000

Monitored and supervised the Group Exercise Programs and the Instructors. Promote and market group exercise programs. Recruit potential instructors, train, and prepare them for teaching. Develop new fee-based programs resulting in profits for the gym. Manage Group X workshops and training. Evaluate Instructors on technique and form.

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### **Account Coordinator**

**Alcone Marketing Group** - Irvine, CA  
December 1997 to June 1998

Provide client support on a daily basis. Prepare presentational deck for new business pitches. Develop business proposals for potential new clients. Partner with the creative teams to "brainstorm" on up-leveling clients needs. General administrative projects as needed, i.e. data entry, scheduling, answering phones, mailings, and email distribution.

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### **Assistant to the Manager of the Creative Library**

**Young & Rubicam Advertising Agency** - New York, NY  
April 1996 to November 1997

New York

Library and Internet research. Maintain agency and competitive commercials. View and categorize commercials for databases. Prepare and edit presentation reels for senior executives. Serve as liaison to international offices for all video requests. Prepare all creative, print, and TV for bi-quarterly review by creative directors and worldwide product committee members.

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## **EDUCATION**

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### **Ministerial Training in Theological Studies**

**Michael B Beckwith School of Ministry - Agape University** - Los Angeles, CA  
June 2010 to September 2020

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### **Licensing Spiritual Counseling Training in Spiritual Counseling**

**Agape University** - Los Angeles, CA  
2006 to June 2010

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## **Bachelor of Fine Arts in Film & Television Production**

New York University - Tisch School - New York, NY

September 1989 to June 1992

## **SKILLS**

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- 10 years of group fitness management experience
- Fifteen years of personal & group training
- Fitness Presenter & Master Trainer
- Motivational Speaker
- Personal Training
- Yoga
- Event Planning
- Teaching
- Marketing
- Sports Coaching
- Public Speaking
- Program Development
- Writing Skills
- Research
- Mentoring
- Administrative Experience

## **LINKS**

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<https://twitter.com/skipjennings>

<https://www.facebook.com/RevSkipJennings>

<https://www.skipjennings.com>

## **MILITARY SERVICE**

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**Branch: Air Force**

Rank: Airmen 1st Class

June 1985 to January 1988

## **CERTIFICATIONS AND LICENSES**

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### **Licensed Spiritual Counseling**

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### **NASM Certified Personal Trainer**

September 2001 to September 2020

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### **Yoga Instructor**

November 2018 to Present

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### **ACE**

May 2018 to May 2020

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## **PUBLICATIONS**

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### **Blog**

<https://www.skipjennings.com/life-coach-los-angeles/>