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**LAWRENCE BISCONTINI**

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**AWARDS**

2013	Award Winner: 2013 ECA Presenter of the Year Award (Male)
2012	Award Winner: 2012 CANFITPRO International Presenter of the Year Award
2011	Lawrence named Group Fitness Consultant for ACE and Power Music
2010	Award Winner: INNER IDEA INSPIRATION AWARD
2010	Award Winner: ECA Best Male Presenter of the Year Award
2009	Award Winner: ECA Presenter's Choice Debut Premier Award
2007	Award Winner: Best Mind-Body Program Development for Athle, Japan
2006	Award Winner: Best Corporate Wellness Trainer for Xerox Greece
2005	Award Winner: ECA Award for Most Mindful Program: Yo-Chi®
2004 (August)	Award Winner: CanFitPro Specialty Presenter of the Year!
2004 (July)	Award Winner: IDEA Group Fitness Instructor of the Year!
2003	<i>Fitness Magazine</i> names Lawrence one of USA top 10 personal trainers
2002	Award Winner: ACE Group Fitness Instructor of the Year

**EDUCATION/CONTINUING EDUCATION, DEGREES**

Certifications	See below
1/87-5/89	UNIVERSITY OF KANSAS, Lawrence, Ks. <i>Honors Degrees: Master of Arts (MA) in Education and Spanish Literature &amp; Education, #658</i>
6/87-7/87	BRYN MAWR COLLEGE and UNIVERSITY OF PENNSYLVANIA, Florence, Italy
2/85-1/87	BUCKNELL UNIVERSITY, Lewisburg, Pa. <i>Degree: B.A.; Majors: Spanish, Education; G.P.A.: 4.0/4.0. Certified to teach English/Spanish in High Schools.</i>

**CERTIFICATIONS (all maintained current)**

12/12	Taiji Fit Certification with David-Dorian Ross, California
6/12	ACE Group Exercise Leader Certification (Gold Certified)
12/04	NASM Group Fitness Leader Certification
2/03	NASM Personal Trainer (various levels)
8/03	CAN-FIT-PRO Group Exercise, Personal Trainer, and Program Director Specialist GFM Certifications
6/02	ACSM Group Fitness Instructor #2106
6/02	SCW-EDU PILATES CERTIFICATION WITH JUNE KAHN
4/00	YOGA INTENSIVE WITH MOLLY FOX
4/9/00	AFAA INTERNATIONAL PERSONAL TRAINER #PT320-16.
9/10/99	CERTIFIED NUTRITIONAL COUNSELOR, "Nutrition Now," Providing Dietary Guidance, Cooper Institute, Dallas, Texas
11/6/98	JOHNNY G/ MAD DOG ATHLETICS SPINNING CERTIFICATION
9/19/98	KEISER POWER PACER INSTRUCTOR TRAINING
1997	RESISTABALL 1, 2, YOGA, PILATES, & SPECIALTY PROGRAMS
8/31/97	ACE PERSONAL TRAINER, #T39440. Current Continuing Education Specialist for ACE
1997	REEBOK UNIVERSITY, all certification programs
4/13/96	AEROBICS AND FITNESS ASSOCIATION OF AMERICA/AFAA, Cert # 947059, STEP-REEBOK SRC1#28508.
4/12/96	The AMERICAN RED CROSS, Texas & Puerto Rico. Certified volunteer INSTRUCTOR of Adult CPR
11/30/90	AQUATIC EXERCISE ASSOCIATION (AEA), Certification Number 95783, <i>always maintained current</i>
10/11/86	ACE GOLD GROUP FITNESS INSTRUCTOR Gold Certified Member #F12572, <i>always maintained current.</i>

**POSITIONS & AFFILIATIONS**

Current	Power Music Group Fitness Consultant
2011-2013	Senior VIP Consultant to the American Council on Exercise (ACE)
Current	"Contributing Writer" for AFAA's <i>American Fitness</i> magazine every issue
Current	"Contributing Writer" for IDEA Health and Fitness online and in print publications
'03-Current	REGISTERED YOGA TEACHER FOR THE YOGA ALLIANCE.ORG, RYT Registry ID # 26126
2000-Current	FITNESS TRAINER FOR CAST MEMBERS OF ABC'S GENERAL HOSPITAL
'04-Current	INTERNATIONAL EDUCATION COORDINATOR FOR RESISTABALL
'01-Current	EQUINOX FITNESS and SPAs Instructor and Yearly Continuing Education Provider, part of Program Development Team
'98-Current	WELLNESS CONSULTANT, GOLDEN DOOR SPAS, including Group Fitness Manager and assistant Spa Director, originated and ran the Employee Spa Wellness Program for ten years <i>Fitness Magazine Editorial Advisory Board member</i>
2000-Current	REEBOK UNIVERSITY GLOBAL MASTER TRAINER
Current	IDEA and ACE GROUP FITNESS ADVISORY COMMITTEE MEMBER
Current	AMERICAN COUNCIL on EXERCISE SPOKESPERSON
Current	AFAA INTERNATIONAL CERTIFICATION SPECIALIST for Primary, Mat Science I and II, Injury Prevention, and (International) Personal Trainer
Current	FACULTY MEMBER OF ACE, AFAA, AEA, AAAI, ACSM, SCW-EDU: Continuing Education Specialist
3/04	Program Design for Bally Total Fitness: "Total Fitness Yoga"
2/04	Program Design for 24 Hour Fitness: "Tai Chi 24 2004," "Aqua Combos & Core," and "Hydro Rep Reebok"
8/03	Program Design for 24 Hour Fitness: "Tai Chi 24" and "Yoga Tech"
1999	Created YO-CHI®, uniting forms of Tai Chi & Yoga for land, water, and stability ball, presented globally (CNN, Regis&Kelly, Idea, ...)

**SPA CONSULTING WORK**

Current:	Fundraising for International Spa Association's Annual Fundraiser for 501-c-3 Foundation, Virgin Active Clubs and Spas UK and South Africa, Golden Door Spas USA and Puerto Rico: create unique programming for fitness schedules and train staff to teach, Cavo Tagoo's Gold Spa in Mykonos, Greece
Yearly:	Canyon Ranch Las Vegas at the Venetian: train fitness staff, various clubs throughout east & west coast
2008	Cavo Tagoo Spa "Gold" opened in May
2006	Amanresorts: Amanjiwo and Amandari
2004	Willow Stream Spa at the Fairmont, Miami
2003	Canyon Ranch Tucson, Arizona
2003	Miramonte's The Well Spa, Palm Springs, CA
2002	The Greenbrier
2001	The Oaks at Ojai

**FITNESS CONSULTING WORK**

Ongoing	<b>SoulGrooves, Kettlebell Cardio, SavvierDirect, Gold's Gyms, LifeTime Fitness, Equinox Fitness, CocoVia, Self-Unite, The Posture Coach, Speedball Fitness, The BodyWork Gym Mykonos, Poolates, Power Music®, Bender Ball®, BOSU Development Team, Asia Fitness Conventions Worldwide</b>
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**BOOK and ARTICLES PUBLISHED**

Ongoing	Articles published for IDEA's <i>Fitness Journal</i> as posted on findLawrence.com
Ongoing	Monthly articles published for AFAA's <i>American Fitness</i> and IDEA's <i>Journal</i> as posted on findLawrence.com
January 2009	"Reinventing the Wheel in Fitness" in AFAA American Fitness
December 2008	Book: <i>Running the Show: Excellence in Customer Service</i> industry textbook, for professionals
Summer 2008	"Spa Secrets for Traditional Fitness," IDEA Fitness Journal
Summer 2008	"S.P.A.: The Power Tool to Success" in SpaArabia and SpaAsia
March/April 2008	"Barefoot, but not Footloose," in American Fitness
March 2008	"The Blends Justify the Means" in IDEA Fitness Journal
Nov/Dec 2008	"Customer Service for Fitness Professionals" in AFAA American Fitness
Nov/Dec 2008	"World Beat of Fitness Around the World" in IDEA Fitness Journal
January 2008	Book: <i>The ABC's of Fitness</i> for consumers
2007	Book: <i>Chi Gong and Tai Chi Fundamentals: A Wellness Approach.</i> SCW-EDU, 2007.
Spring 2007	"Barefoot Trends in Fitness"
Fall 2006	<i>Early Morning Cardiovascular Workouts</i> , coauthored with June Kahn, published by Human Kinetics, for consumers
Spring 2003	Cover Feature: "Fusion with Lawrence Biscontini," ECA News for Fitness Professionals, <a href="http://www.ecaworldfitness.com">www.ecaworldfitness.com</a> , 2003.
3/04	ACE OnLine Course: "World Class Leadership Skills for Group Exercise Instructors and Personal Trainers," available at <a href="http://www.acefitness.org">www.acefitness.org</a>
12/03	Biscontini, Lawrence. "Mind Body Personal Training," <i>IDEA Personal Trainer</i> , November-December, 2003.
01	<i>Yoga Fundamentals I: A Fitness Approach.</i> SCW-EDU, 2001.
03	<i>Yoga Fundamentals II: A Fitness Approach.</i> SCW-EDU, 2003.
10/01	Biscontini, Lawrence. "Destressing a Stressful World," Reebok University website, <a href="http://www.reebok.com/stress">www.reebok.com/stress</a>
10/01	Biscontini, Lawrence. "Impressions of a First-Time Presenter!" <i>The AKWA Letter Magazine</i> Sept-Oct 2000: Centerfold.
4/01	Biscontini, Lawrence. "¿Yoga para tus abdominales?" <i>BuenaVida</i> April . 2001: 80-83.
3/01	Biscontini, Lawrence, et. al. "Personal Training Goes Global." <i>IDEA Personal Trainer</i> March. 2001: 33-40.
3/01	Biscontini, Lawrence. "SELF Challenge 2001." <i>SELF</i> March. 2001: 18.
2/01	Biscontini, Lawrence. "How Can Trainers Help Clients Get Past Body Image Hang-Ups...?" <i>IDEA Personal Trainer</i> Feb. 2001: 55-59.
7/00	Biscontini, Lawrence. "Nothing Softer than the Water! What Mind-Body Hydro Classes Can Do For You." <i>The AKWA Letter Magazine</i> June-July 2000: 10-11.
6/00	Biscontini, Lawrence. "Fitness @ Your Fingertips." <i>AsiFit</i> May-June 2000: 32-34.
10/99	Biscontini, Lawrence. "Exercising Your Global Talents: Making the most of your ACE Faculty status." <i>ACE Faculty Network</i> Fall 5.3 (1999): 1-3.
9/99	Roman, Luis. "Estrés? ¿Qué estrés? <i>Estilos Magazine</i> 1.6 (1999): 20-23. Model for article on stretching in the work place.
1/96	<i>The One-Percent Factor: An Eccentric Unicorn's Approach to Touring and Traveling</i> , publ. & distr. by Bird of Paradise Prod. ISBN # 0-9648816-0-8

**PUBLIC SPEAKING AND KEYNOTE ADDRESSES**

Ongoing	<b>Wellness Lectures at professional training conferences to fitness professionals, nurses, doctors</b>
November 2008	Keynote Address to Victoria Fitness Convention in Vancouver Island, Canada (1,000)
August 2008	Keynote Address to AFPP "Ripples" Mind Body Convention in Manila, Philippines (500)
June 1-30 2008	Guest Enrichment Speaker for Guests at Cavo Tagoo Spa, Mykonos, Greece (20 daily guests)
February 2008	Keynote Enrichment Lecture to Filex Spa, Sydney, Australia (3000)
January 2008	Keynote Address to Kellogg's Foods at annual convention in Puerto Rico "Grains and Trains" (2,000)
December 2007	Kenote Address to Athlie Fitness Clubs, Tokyo, Japan (750)
August 2007	Keynote Address at DCAC Fitness Convention on WhiteHouse lawn in Washington, DC (850)
November 2006	Opened ISPA Convention and Hosted Chairty Auction for ISPA funds, raising over \$75,000.
June 2003	Keynote Address for Bristol Myers "Wellness in the 2000's" (1500)
November 2004	Opened ISPA Convention with Constance Towers at Venetian Hotel in Las Vegas (6,000 delegates)

**VIDEOS/DVDs**

Ongoing	Shakti Mind-Body Choreography for land and aqua for Athlie Clubs, Japan
Ongoing	Imperfekt Productionz Instant Download Environmentally-Green Series available at finlawrence.com
December '08	Savvier Fitness: "PurposeFit" television series
December '08	Bender Ball Blends series filmed for television
April '08	Power Systems: Total Body Rolling
January '07	SCW Productions: "Aqua Cycle," "Tai Chi Fundamentals," and "Chi Gong Fundamentals"
Spring '06	New DVDs by Gin Miller Video Productions: "20-20-20: The Complete Workout for Desperate House-lives," "Roll This: The Complete Foam Roller Workout," and "Yo-Step®"
Summer '04	"Gliding into Mind Body Fusion Fitness" ( <a href="http://www.glidingpro.com">www.glidingpro.com</a> )
Winter '03	Videos by Sara's City Workout: "Partner Yoga," "Will & Grace," "Forgotten Yoga Salutations," "Yoga for Mobility & Stability," "Yoga for Chakra Balancing"

Spring, '03 Videos by ACE: "Step Crackle Pop," "Intro to Hi-Lo Instruction," "Intro to Step Instruction," "Hi Lo to Go," "The Weakest Link," "Core Ball Challenge," "Chi Gung," "T'ai Chi(c)!"  
 Fall, '01 Videos by Sara's City Workout: "EAU: Aquatic Balance," "Yoga Fundamentals I," and "Yoga Fundamentals II"  
 Spring '01 "Got Ball?," "Yo-Chi™," "Hydro-Yo-Chi™," "Yo-Chi™ Ball," Chip-n-Salsa Interval Latin Fiesta!, "AOL: Aquatic Outbreaks of Lawrence!," "On Your Mark, Get STEP, Go!," all SaraCity Productions: saracity.com

#### TEACHING EXPERIENCE/EMPLOYMENT

Current ACE Senior Consultant for Group Fitness  
 Current BOSU Development Team for content  
 BOSU Master Trainer  
 Ongoing Contributor, Advisory & Steering Committee Member to ACE, IDEA, ECA  
 Ongoing **Equinox**: creator of signature Equinox programming like "Buddha Camp"  
 Summer 2004 **Opening Ceremonies of Athens Olympics**, yoga demonstration & volunteer  
 4/98-12/08 **Golden Door Spa at Las Casitas Village, El Conquistador Resort**: Wellness Consultant, Mind-Body Personal Trainer, and Nutritional Counsellor for 17 outlets on property @787.863.1000 x 7480  
 10/96-1/98 **Cooper Institute of Aerobics Research/** 10/96-1/98 **Goodbody's**, Dallas, Texas; 10/96-1/98 **The Texas Club**; 5/96-1/98 **Verandah Club**, Wyndham Anatole Hotel, 6/96-1/98 **Baylor Tom Landry Baylor Hospital Sports Center**, Dallas, Texas; 3/96-1/98 **Centrum Sports Club**, 3/96-9/96 **Larry North Total Fitness**; 3/96-1/98 **Four Seasons Resort and Club**, Dallas, Texas; 11/94-1/98 **IMMUNOCISE Instructor and Board Member**, Dallas, Texas. Immunocise™, a non-profit organization dedicated to providing free fitness and wellness classes to individuals living challenged by HIV-infection; also editor, of new instructor manual; 12/94-1/98 **Bally's Gym**  
 1990-1994 **AMERICAN AIRLINES: Supervisor of Training of Boston and San Juan based Flight Attendants; developed course curriculum, performance appraising, inventory, purchasing, budget, and payroll.**

#### PROFESSIONAL FITNESS PRESENTATION EXPERIENCE

2010, 2011, 2012, 2013, 2014 Most major fitness and spa conferences  
 2009 All SCW, IDEA, ECA, and DCAC events in USA as well as major international conferences  
 August 2008 "Ripples" Mind Body Convention, Manila, Philippines  
 July 2008 Lawrence creates signature class programming for Gold's Gym International: "GGXtreme Express," "GGXtreme Soul," and "GGXtreme OnCore"  
 April 2008 Lawrence's program for Equinox clubs "BUDDHA CAMP" appears on CNN Headline News  
 August 2006 Lawrence appears on WOSO television for Washington, DC, as fusion fitness expert  
 Various 2008, 2007, 2006, 2005, 2004, 2003 FACULTY for: Multitrax Convention in UK; World-Class IHRSAs for the last 10 years, Convention in Moscow, Russia; Virgin Active Convention in South Africa; IHRSA, ACSM, IDEA, ECA, ISPA (opened convention and presented 3 sessions), ALL OF THE FOLLOWING FOR 2001 AND 2002: DCAC, IDEA, all Sara City Manias: Philadelphia, Orlando, Atlanta, Dallas, Chicago; International Aquatic Fitness Convention for AEA, ECA World NYC March 01, all Reebok Resolutions in 2001: Los Angeles, Houston, St. Louis, and Boston; AFA Switzerland Sept 00, SaraCity Chicago Mania-November 00, ASIAFit HongKong '00, '98, '99; Club Oasis Singapore-November 99, First AFAA Supersession Convention Tokyo, Japan-November 99, Finland, Helsinki: World Aerobic Championships Convention Presenter-November '99, May 1999: Esporta Sports Bristol, England; May 1999: Mykonos, Greece: BodyWork Gym Yoga