



## Gabor Fuzy

### **Profile:**

Gabor Has been working in the Health and Fitness industry for over ten years in various levels with over 7 years of international experience. Proven leadership, and educational skills involving managing, developing and motivating teams, educating students, leading organizations. Dedicated to maintaining high quality standards and achieve the best.

### **Major Achievements:**

- Acquired accreditation for the Pilates Matwork programme the first time in Hungary, from both The Committee for Basic and Continuing Education in Health Care who have given the training 32 credits, and the Adult Education Accreditation Board, the accrediting body for the National Institute of Vocational and Adult Education.
- Achieving the fastest growing, best educational Pilates school in one year.
- The best fitness director on cruise ships over 3 years period.

### **Studies:**

2000- Pilates Institute – continuous tutoring education – Master teacher of Hungary

2007 Poliquin Institute – Biosignature specialist;

2006 Chek institute – several courses (Scientific core, and back training, Advanced swiss ball rehabilitation...)

2003 London, England – Multitrax Fitness Association - Power Yoga, Cycling, Pump

2003 Budapest, Hungary – Polar Fitness Academy - Own Zone Guide

2002 Budapest, Hungary – Schwinn Fitness Academy - Indoor Cycling Coach (Spinning)

2002 Budapest Dance Theatre – Modern Jazz studies from Béla Földi and Raza Hamadi

2000 Sep. London, England – Steiner-Elemis Beauty & Massage Academy, Aromatherapy Massage

1998-2003 Budapest IDMC – yearly summer dance school

1998-2000 Budapest Dance Theatre – Modern Jazz studies from Béla Földi and Raza Hamadi

1994-98 Budapest, Hungary - Hungarian University of Physical Education

Master Degree of Physical Education

Certification in: Recreation Management, Sport Coach, Sport Massage, Ski Instructor

Certification of Achievement on “The 13<sup>th</sup> International Congress on Sport Sciences”

### **Work Experiences:**

2008- - Biosignature Modulator

2006- – Teaching and lecturing on several national and international conventions;  
Teaching Pilates and Power Yoga in major Fitness Clubs

- 2006- - Director and Course Director of the Pilates Institute Faculty in Hungary
- 2003 -2006 - Multitrax-Steiner Transocean Ltd – Fitness Director, Assistant Spa Manager, Maritime Supervisor on several Cruise Ships teaching Pilates, Power Yoga, Cycling and Nutrition
- 2002 Jan-2003 Marc - International Wellness Institute, Budapest, Hungary  
Lecturer on Nutrition, Strength Training and Exercise Science;
- 2001 -2003 - World Class Fitness Budapest, Amman and Brussels,  
Personal Trainer, Group Instructor and Massage Therapist;
- 2000 Oct-2001 June - Ocean Spa, Zandaam, Holland America Cruise Line;  
Steiner Transocean Ltd. – Fitness Director, Massage Therapist;
- 2000 May-Oct - Szeged - Teaching at a local dance school modern Jazz
- 2000 Feb-May - Fitzone Health Club, Dar Es Salaam, Tanzania – Health Club Manager;
- 1999 Jul-Nov - Karafuu Beach Resort, Zanzibar, Tanzania  
Recreation Manager;
- 1999 Feb-Apr - Spa’Deus, Tuscany, Italy  
Trainer, Instructor, Massage Therapist;
- 1997-99 - Step by Step Fitness Club, Budapest, Hungary  
Assistant Manager, Group Class Instructor;
- 1996-99 - Group Class Instructor in several Fitness Club in Budapest
- Summer of 1994-95 - Sky Light Youth Club, Balaton, Hungary  
Program Organizer, Supervisor;