

IRIS SARG

**SPORTS COACH /
PERSONAL
TRAINER**



**Born on September 30th,
1979**

Driving licence B

Langues :

French / English

Website:

<http://www.iris-sarg-coach.com>

Objectives

I develop, organise, lead sport activities in many disciplines for individuals and various groups of people in a secure environment. I lead group courses and lead individuals in the weight room. Individual support with physical preparation for people which involve body-building, improvement of their physical condition and skills, their posture, body map, breathe, flexibility and their coordination. Moreover, I give them a mental support and the taste of physical effort, which brings them well-being, to feel them also more confident in general.

Professional Experiences

2010/2018 Sports Coach and Personal Trainer at « Le Cercle Foch », Paris 16^e (Private circle of High standing) : leading group courses and personal training for individuals.

2015/2016 Partnership with the group “W Hotels International”. Sports Coach at “W Paris Opéra” : leading Strala Yoga’s group courses.

2015/2016 Partnership with the famous brand “Reebok” as Strala Yoga’s Ambassador. Teach and represent the brand for the “Strala Yoga’s activity. Leading sporting events for Reebok’s brand.

2015 Reebok’s Brand Event with Tara Stiles (creator of Strala Yoga) at CMG Sports Club with journalists. Attending as a yoga Ambassador.

2014 Coach for Reebok’s Brand at the “Adidas and Reebok Seminar” in Strasbourg (Alsace, France): leading a Strala Yoga course.

2010/2018 Personal Trainer for individuals (Fitness, Muscles’ reinforcement, weight loss, postural, pilates, yoga, Tai Chi, circuit training, relaxation exercises, sophrology, stretching...).

2013 Sports Coach at the "Moving académie" convention for the "Cabinet 3a" : leading 2 days of sophrology session to the franchisees and licence holders of the Moving Club Group and Fitness Park Club Group.

2010/2017 Sports Coach for various associations and private clubs such as : “Cercle de Paris 15”, “Charlety Stadium”, and others. Giving Courses’ group and private coaching.

2010/2016 Sports Coach for the big company Véolia, Paris 16^e. Leading group courses and give personal training.

2012/2017 Sports Coach for the Fitness group Center “CMG One Sports Club” Maillot, Paris 17^e. Responsible for body-building, group courses (traditional courses, Les Mills Courses, Strala Yoga...), sporadic facilitation of group courses and occasional substitutions in other CMG One Sports Club as well as in Waou Club Med Gym.

2009/2012 Sports Coach at the Fitness Club “Club Med Gym” Grenelle, Paris 15e (permanent part-time job as well as occasional substitutions in various Club Med Gym). Responsible for group courses, body-building and individual appointments, personal training.

2009 Sports Coach for “Sismo Fitness”, responsible for customer service, shooting a video presentation of a device for their website, working at the customer service during the exhibition “International Body Fitness”, Paris.

2007/2009 35h per week internship at the sports club “Club Med Gym Grenelle”, Paris, 15e). Responsible for body-building, personal consultation for the training programme, group courses, introduction and management of sport activities in the club.

Sports Events / Press / TV

2018 Partnerships with « Egeritour », « Metropolitan Models » Agency and Reebok’s Brand at Reebok’s Sports Club « La Salle de Sport », Opéra place, Paris. Leading a training for the models.

2016 Partnership with « Marie Claire Magazine » and the sports’ website « Zippy pass » for a TV report and article about the concept Les Mills « Body Balance ».

<https://www.marieclaire.fr/fitness-on-a-teste-le-body-balance,819095.asp>

2015 TV Report and live on the channel 2 in the TV show « C’est au programme » with the host Sophie Davant and the journalists Yves Lahiani and Christelle Ballestrero. Introduce the Strala Yoga.

http://www.france2.fr/emissions/c-est-au-programme/chroniques-par-theme/defi-fitness-le-strala-yoga_332537

2016 Sports Event « Femmes en Sport » with « Zippy Pass » and the city hall of Paris 8^e : Leading a Strala Yoga’s course.

Sports Event at the Bellevilloise with « Zippy Pass » and the TV Sport’s channel « MCS Bien-etre » : Leading a Strala Yoga’s course.

2016 Sports Event « Les dimanche Healthy » with the sport’s brand « Tangerine Sport ». Leading a Strala Yoga’s course.

2015/2016 Sports Event : Tour « Unexpected Fitness », Unibail with CMG Sports Club and Reebok’s brand / Reebok’s ambassador / Leading a Strala Yoga’s course.

Sports Event « La Parisienne » with Reebok’s brand : Leading a strala yoga’s course at the « Charléty » Stadium, Paris.

Sports Event « Serendipity » with Reebok’s brand. Leading a Strala Yoga’s course.

Sports Event : « The International exhibition of Body Fitness » in Paris with Reebok’s brand / Reebok’s Ambassador /

Leading a Strala Yoga's course on the podium.

Sports Event with journalists and bloggers : Press Class at W Hotels Worldwide, Paris- Opéra. Leading a Strala yoga's course.

Interview for « Zippy Pass » / <https://www.zippyguide.com/blog/les-ambassadeurs-reebok-part-ii>

English Interview for the magazine « SFME » published in Dubaï, WSP Global group, Journalist : Rick Bevan / Reebok and strala yoga's Ambassador
<http://www.sportandfitnessme.com/magazine/SFME32/files/29.html>

2015/2017 Partnerships with many bloggers and French press articles to talk about sports and/or Strala Yoga : Capital, Vanity Fair Magazine, Pure Trend, Paris Capitale, Vivre Paris, Télé 7 jours, Paulette Magazine, Stay Tuned For Food, MyFitnesslesite, Bien etre et Paillettes, Nutreatif...

2014 Seconde partnership with the magazine « Santé Magazine » for a sport's article.

Partnership with the magazine « Santé Magazine » for a sport's article to work the lower body. Giving the exercises to do and exercises' photo shoot.

2013/2018 Sports Coach in the TV Show "Teleshopping" on the National Channel 1, France - Live Broadcast : presented exercises and explained muscular objectives for fitness equipments (muscles' reinforcement): "Body Sculpt", "AB Prince Pro", Wavertone Abdominals", "Booty Max", "Smart Abdos", "5min Fitness", "Abdos Stim", "Wondercore Smart", "Velo Booster" with the presenter Alexander Devoise.
http://www.dailymotion.com/video/x2fgl5h_iris-sarg-abs-workout_sport

EDUCATION

Juillet 2014

Workshop With Tara Stiles in « Strala Yoga ». Improvement.

2014

*Trained and certified in Strala Yoga by its inventor Tara Stiles (Yoga Instructor in New York and International Reebok's ambassador). A new yoga concept which is very successful in the USA and many other countries.

2013

*Workshop “Body Balance” with the International Trainers “Les Mills”: Arnaud Clot Godard et Vanessa Vassallo. Certified.

*Nutrition training with Julien Venesson.

*Training and First Aid Certificate. Tutor: Boulabiar Hédi.

*Workshop “abdominal without risk” with the inventor of this concept and tutor : Blandine Calais Germain.

2012

*Trained in the Concept” Les Mills” : “Body Pump”, Trainer : Pierrick Limouzin. Certified.

2011

*Workshop for the Concept “Les Mills” : “CX Works”, Trainer : Alexandre Verret. Certified.

*Workshop for the Concept “Les Mills” : “Body Balance”, Trainer : Arnaud Clot-Godard. Certified.

2010

*Workshop for the Concept “ Les Mills” :”Body Combat”, Trainer : Christophe Besse. Certified.

2009

Obtained the BPJEPS diploma of sports coach and personal trainer.

2007-2009

2-year studies for the BPJEPS diploma at “UCPA” school in Paris, specialisation Soft Gym (Yoga, Pilates, Tai Chi , Qi Gong, Back Gymnastics, sophrology, PNL and Relaxation.)

2007

Training and get the Certificate of First Aid (AFPS).

1999/2000

2-year degree in modern literature with theatre option (Montpellier, France).

1998

Obtained A-levels (high school diploma), STT Communication.

Courses taught

Courses for all types of public :

Muscles reinforcement (with or without equipment),

Cardio-dynamic muscle reinforcement (cardio-vascular phase, active recuperation, circuit training),

Abs and gluts, thighs, abs and gluts; back, arms and abs,

Stretching,

Free Style: Step, Low Impact Aerobic (LIA),

Les Mills: Body Balance, Body Pump, Body Combat, CXWorx

Sophrology (relaxation),

Soft gym concepts: pilates, yoga, Tai Chi, Qi Gong, back gymnastics,

Strala Yoga.

KEY SKILLS

I'm dynamic, serious and devoted to my work, high degree of conscientiousness, perfectionist, passionate, professional ethics, empathic, smiling, likable, patient, organised, rigorous, responsive and punctual. Concerned about each person's well-being and their physical integrity.

IT

Office, Environnement Windows. PowerPoint, Excel, Word.

Interests

Professional Actress with 12 years of "Actors Studio" training with the famous trainer "Jack Waltzer" and "Cours Florent", famous acting school in Paris.

Interests: Theatre, cinema, literature, writing, reading, music, travelling, photography, Modern-jazz dance , swimming, fitness, yoga, combat sports, psychology, sophrology, spirituality.

Languages

French : native language

English : fluent

Spanish : school

Hebrew : learning. Ulpan.
