



THERESA IVANCIK

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EXPERIENCE

Harlan's Elite Fitness • 2012 –Present

- * Owner Operator

Harlan's Personal Training HPT • 2009 – Present

- * Co Owner

Alexander's Athletic Club • 2011- 2012

- * Management

Alexander's Athletic Club • 2008 – 2009

- * Personal Trainer

Butler Athletic Club • 2001-2003

- * Management and Front Desk
- * Aerobics Instructor

American Bodybuilding ABB • 2008 – Present

- * Fitness Model and Representative

Guest Trainers of the Pittsburgh Marathon • 2009

BC3 W. I .T. S Program • 2010 – Present

- * Personal Training Course Instructor
- * Completing and Teaching Interns for Certification

EDUCATION

American Fitness Professionals & Associates AFPA • 2008

- * Certified to develop personalized, nutritional and strength training programs for diverse clientele.

PROFESSIONAL AWARDS

- * 2013 NPC Northern Americans • Heavyweight Bodybuilding
- * 2011 Honored Guest Speaker At My 10 Year Class Reunion
- * 2011 NPC Bill Grant Classic • Heavyweight Bodybuilding • 1st Place and Overall Winner
- * 2011 NPC Jr Nationals • Heavyweight Bodybuilding • 5th place
- * 2011 NPC Pittsburgh • Heavyweight Bodybuilding • 2nd Place National Qualifier
- * 2010 NPC Pittsburgh • Heavyweight Bodybuilding • 3rd Place National Qualifier
- * 2008 NPC Pittsburgh • Figure Model • 6th place
- * 2008 Upper Ohio Valley • Figure • 3rd place
- * 2007 WNSO Fame World Tour • Figure
- * 2007 NPC Mid Atlantic Grand Prix • Figure • 2nd Place
- * 2007 NPC Pennsylvania Championships • Figure • 1st Place

