

Georgios Grigoriadis, M.S.

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EDUCATION

- **PhD, Kinesiology, Nutrition and Rehabilitation (August 2015 – Present)**
University of Illinois at Chicago
Advisor: Tracy Baynard, PhD
- **Master of Science in Exercise Science(December 2013)**
Northeastern Illinois University
- **Bachelor Degree, Physical Education and Sports Science(June 2006)**
Aristotle University of Thessaloniki

PROFESSIONAL EXPERIENCE

- **United Rehab Providers (Chicago, Illinois)**
Supervise injury patients perform their prescribed exercise regiments (May 2013-August 2013)
- **Fitness & Wellness Center at Northeastern Illinois University (Chicago, Illinois)**
Led group exercise classes in dance flow and in total body conditioning. (September 2011-August 2013)
- **Fitness Formula Chicago (FFC) – (Chicago, Illinois)**
Led group exercise classes in dance flow programs.(September 2012-August 2013)
- **Pacific Labyrinth Health Club (Athens, Greece)**
Personal trainer, body building and conditioning. (January 2007-August 2010)
Designed personal training programs for both groups and individuals for fat burning, body sculpting and circuit training programs.
- **Stadium, Health Club (Athens, Greece)**
Power Lift Instructor and Vibration Exercise.. (March 2007-January 2009)
Created and trained clients in personal fitness programs for improved sport performance or power lifting programs with special emphasis on vibration training for speedy results
- **Holmes Place, Health Club (Athens, Greece)**
Aerobics Instructor. (September 2009 – August 2010)
Designed exercise programs for clients to reach general fitness goals, improve problem areas with specialized exercises (legs, abs, arms, chest), and improve clients' general fitness knowledge for maintaining a healthy lifestyle
- **Palestra Active, Health Club (Athens, Greece)**
Aerobics Instructor. (September 2009 – August 2010)
Led small classes in specialized aerobic and circuit training programs for weight loss and improved coordination, conditioning, and fitness in a positive team atmosphere, improving both productivity and repeat attendance
- **Human, Health Club (Athens, Greece)**
Aerobics Instructor. (September 2008 – August 2010)*Designed and instructed aerobic programs with clients of all ages and skill levels employing modern dance as the training vehicle, and focused on improving dance technique, enhancing motivation, improving nutrition, and reducing stress*
- **Let's go, Health Club (Athens, Greece)**
Aerobics Instructor. (September 2008 – August 2010)
Designed and instructed aerobic programs with clients of all ages and skill levels employing modern dance as the training vehicle, and focused on improving dance technique, enhancing motivation, improving nutrition, and reducing stress
- **Athena Greek Academy (Chicago, Illinois)**
Teacher of Greek language and Greek folk dances (September 2010 – August 2013)
Taught elementary school children (1st and 2nd grades)
- **Greek Folk Dance Teacher for Hire(Athens, Greece)**
Led Greek dance groups for over 10 years (Thessaloniki, Athens, Chicago)

SPECIALIZED TRAINING AND SEMINARS

- **Studio One, (Fitness School, Athens, Greece)**
Aerobic Elite Choreography Diploma
- **North Academy of Fitness, (Fitness School, Thessaloniki, Greece)**
Aerobics Instructor Diploma
- **YMCA (Thessaloniki, Greece)**
Water safety and Lifeguard Diploma
- **A.F. Studies (Gymnastics School, Athens, Greece)**
Vibrating Exercise Training Certification
- **Institute of Athletic Studies and Training**
Child, Exercise and Health (Thessaloniki, Greece – March, 2002)
- **Community of Greek Sport Medicine of the Athletic Associations of Greece**
8th Annual Medical-Athletic Training Seminar – (Thessaloniki, Greece – November, 2002)
- **Hellenic Society for Social Paediatrics and Health Promotion**
Health, Nutrition, Space, Educational Programme (Thessaloniki, Greece – May 2004)
- **North Greece Trainers Association**
Marketing and Customer Retention Techniques for Trainers (Thessaloniki, Greece – October 2004)
- **North Greece Trainers Association**
6th Theme Conference –Sport Science colloquium – (Thessaloniki, Greece – November 2005)
- **SPORTEXPO – Department of Physical Education and Athletics Medicine**
International Symposium on Sports Medicine in the 21st century (Athens, Greece – December 2005)

ACCOMPLISHMENTS AND RECOGNITIONS

- **Voluntary Participation Diploma – Olympic Games ATHENS 2004**
Participation at the Folk Dances Team
- **Distinctions at Team Sports**
1st Place at the District High School Soccer Competition (1998 – 1999)
1st Place at the Domestic Soccer Championship D.P.E.S. (2004)
1st Place at B Soccer Category of Argolida (1999 – 2000)
Member of Championship handball Team of East Peloponnese
- **Dance Group Participation**
Olympic Games Dancing Team, ATHENS 2004
Cultural Association of Tolo.
Laboratory of Greek Dances, Nafplion
Charilaos' Cultural Association, Thessaloniki
- **Trained in Kung-Fu - Blue Belt Holder**
- **Greek Conservatory – Nauplio Branch**
Six-year Studies of Classical Guitar, Intermediate Level)