

# R E S U M E



<b>Eyes:</b> Light Brown	<b>Height/Weight:</b> 5 "3"/ 112
<b>Hair:</b> Chestnut	<b>Sex:</b> Female

## **Micaela A. Gutierrez-Brigida**

[www.mbrigida@yahoo.com](http://www.mbrigida@yahoo.com)

### **Talents/Skills:**

- Aerobic/Fitness Instructor (*20/20/20, Afro-Latino, Hip/Hop, Kickboxing/Kwando, Sport Intervals, Salsa, South India Folkloric and Step*)
- Ballet, Hip/Hop, Jazz and Modern
- Costume/Fashion Design
- Hawaiian- Tahitian Dancing
- Native Fluency in Spanish
- Pranic & Reiki Healing
- Personal Trainer
- Salsa/Merengue

**Certifications are as follows:** LPN, Phlebotomy, OSHA, CMA, CPR, Usui Shiki Ryoho, AFAA, The Cooper Institute, NASM, Biomechanics Resistant Training, FREEMOTION Group Fitness & Personal Training, Biomechanically Correct: Core & Trunk, The 7 Best Moves for Comprehensive Fitness, Angie Bunch (Culture Shock creator/founder), Madonna Grimes (Hip-Hop School), Cuic Suarez (LatinCardio), Gloria Araya-Quinlan and Sifu Katalin Rodriguez Zamiar (POW! Martial Arts School)

### **Dance Teams/Squads and as an Instructor/Choreographer**

- 03-2005
- The Dallas Cowboy Cheerleaders (Hip/Hop & Cardio-Kickboxing Instructor for Jay Johnson)
  - The Ranch Health Club & Sports Rehab-Dallas (Kickboxing, Hip/Hop, Sport Intervals and Creative Dance "CardioDance")
  - Telos Performance Center -aka North Dallas Athletic Club (Lean Machine & Step)
  - Hulen Health Club- FT. Worth, TX. (CardioDance)
  - Launch-A-Dream- Pleasant Grove, TX. (Youth Dance Program w/in the Projects)
  - JAADÉ Dance Theatre, INC.-Fort Worth, TX. (Dance Instr. "After-School Program")
  - 24 Hour Fitness-Dallas (Bootcamp "Athletic/Sports Training" Program)
  - Texas Burns VS. Chicago Fire –Dallas (Assisted with Production/Choreography – Junior Burn Dancers)
  - The Center For Dance-Dallas (Fitness & Hip-Hop Instructor)
- 98-2003
- Fitness America Pageant Nationals- Redondo Beach, CA. (Choreographed Opening Production number with over 100 competitors & Performed– Televised on ESPN & ESPN2)
  - Madonna Grimes Hip/Hop Convention- Pasadena, CA. (Dancer & Choreographer)
  - ICE CUBE's Barber Shop Kick-off Party at Le Passage –Chicago (Performed)
  - DANCE CHICAGO at the Athenaeum Theater
  - Oklahoma University –OU & University of Central Oklahoma –UCO (Hip/Hop Instructor)
  - Tinker Air Force Base –AFB (Kickboxing Instr. & Advance Step)
  - The Salvation Army 'Boys & Girls Club' (Hip/Hop Instructor –Teen & Youth Program)
  - Lakeshore Athletic Club –Illinois Center in Chicago (Hip-Hop & Kickboxing)
  - Gorilla Sports -Chicago



### Dance Teams/Squads and as an Instructor/Choreographer continued

- 98-2003 Lincoln Park Athletic Club –Chicago  
Joel Hall Dance Studio –Chicago (Hip/Hop & Jazz Instructor)  
NBA-Chicago Bulls/Luvabulls (Professional Dancer)  
Bally Total Fitness Performance Team-Chicago  
Culture Shock Chicago & LA by Nike  
RAGE (*rhythm and groove exchange*)  
Choice Media Production  
Atlanta Entertainment
- 95-1998 CBA-The Oklahoma City Cavalry Professional Basketball Team (Professional Dancer/Cheerleading)  
ASC-American Spirit Champions  
NCA-National Cheerleading Association
- 93-1995 Latin Soul {San Antonio, TX.}

### Movies/Film/Theater-Dancer

- 02-2003 Elimidate (*Picker- 1 girl w/4 guys*) Holding On by Les Jennings (*Video*)  
Insatiable by Angelina (*Televised in Europe- video*)
- 98-2002 Shrek by the Baha Men (*Video*) Save The Last Dance  
Just Visiting Bridget Clark Fitness Show  
Jenny Jones Show
- 86-1988 Les Miserables {Victoria, Tam. Mexico}

### Personal Appearances/Media/Commercials

- 01-2005 Hilton/Residence Inn/Sheraton- Dallas, TX. (*New Orleans Refugees- kid's dance program*)  
TahitianNONI.com (*Personal Trainer Speaker & Latin Cardio Workshop*)  
Loca Latinas.com (*Hosted: Mardi-Gra event*)  
Maximum & Playboy Event sponsored by MillerLite Brewing Company  
ChicagoLand Speedway- NASCAR All Star Game -Chicago  
Decades Of Dominance ‘Dick Butkus, Mike Singletary, Brian Urlacher’  
Walter Payton Golf Classic Chicago Bears & White Sox  
BLVD. Magazine Kickoff Party -Dallas  
Chicago WGN ESPN2  
8-Count Production (*Ring-Girl*) La Maquina Musical {Miami/Chicago}
- 98-2001 Telemundo-Channel 44 Opened for Busta Rymes  
Diabetes Walk-A-Thon Taste Of Chicago  
ACE/IDEA Convention {Chicago/Las Vegas} FAP- Nationals (*performed half-time show*)  
Madonna Grimes Hip-Hop Convention {Pasadena, CA.}  
Lowrider Car Show {Houston & San Antonio, TX.-Dance Performance}
- 97-1998 CBS- Sports Interview {Oklahoma City} Opened for Aerosmith
- 93-1995 "Ajepicante Show" {"Oh So Hot Show"-San Antonio, TX.}
- 1994 Oklahoma University- Allied Health Program



### Model/Print

01-2003	ESPN Calendar, Spokes Model & Costume Designing	
	Chicago Scene Magazine	BLVD (The New Lowrider Magazine)
	LatinWear {Dallas, TX.}	Oxygen Fitness Magazine
	Jagstone Enterprise	Body Solid
	Global One Marketing ( <i>Hispanic Community-Model</i> )	Miller Brewing Company
	Modelzrus	Face Of Beauty
	Muscle & Fitness Magazine ( <i>Fitness Factory Outlet- advertisement</i> )	
98-2001	Harbour Fitness	Lakland Guitars
	Jenny Jones Show	Lowrider Magazine
	Fitness America-Print/Composite { <i>Wisconsin</i> }	

### Titles

00-2003	Choreographed for Fitness Competitors-Fitness Regional, Nationals, Universe and Ms. Fitness & NPC {1st for choreography-won 12/titles ESPN Regionals & Series}	
02-2003	Venus Swimsuit Contest- Boyton Beach, FL. ( <i>2<sup>nd</sup> place Regional Event and Finalist Qualifier</i> )	
	Q101 Radio Station- Chicago, IL. ( <i>Tied 1<sup>st</sup> place- swimsuit &amp; modeling contest</i> )	
98-2001	Fitness America Pageant- Nationals	NPC-National Physic Committee
	Madonna Grimes Certified Instructor-Hip/Hop	AFAA Certified Inst.-Step & Hi-Low
90-1991	Miss Teen Oklahoma-1st Runner-Up [best routine & photogenic award]	