

Resume of Kathryn E. Windle

292 Stewart St. Renfrew, ON

K7V 1Y1

343 361 0593

www.kewindle.ca

Grades 1 – 4 - Saint Francis Xavier Catholic School

Grades 5 - 8 - Saint Thomas the Apostle Catholic School

Grade 9 - 10 - Saint Joseph's Catholic High School arts and science

Grade 11 - 12 - Renfrew Collegiate Institute

1972 - Barbering - George Brown College

1977 - Health Care Aide - Caps School of Nursing

1983 – 1990 - Seniors Homes, Rehabilitation and Palliative Care

1985- Heart Smart Cooking and Nutrition

1987 - Relaxation Massage - Algonquin College

1991 – Nutrition - Infancy to Death - Guelph University

1992 - Ontario Real Estate Association Salesperson

1995 - Basic Fitness Instructor Aqua Fitness Instructor Individual Conditioning Specialist - YM/YWCA

1995 - Aqua-Fitness Instructor with Arnprior Parks and Recreation -

1995 - Computer technology, Dos and Windows Mac, Adobe Premier Pro, Microsoft Office Word

1996 - Aqua Fitness Instructor Canadian Aqua Fitness Leaders Alliance Inc.

1997 – 2000 - Personal Trainer and Fitness Centre Instructor Renfrew Parks and Recreation

1998 -Personal Trainer Certification with Canadian Personal Trainers Network & Ontario Fitness Council

1999 - Palliative Care Education for the Volunteer and World Religion Studies

1999 - C.P.A.F.L.A. Fitness Appraiser and Consultant with the Canadian Society for Exercise Physiology (CSEP) and National Committee on Fitness Appraisal Certification and Accreditation (FACA)

2000 - 2007 Opened 28 Days Straight, Private Fitness Camp with Individual Health Coaching

2000 to date - Fitness Instructor, Personal Trainer, Nutrition and Wellness Specialist with Canadian Fitness Professionals

Windle Media – Photography and videography. Sales of self-published books, movies.

2001 - Canadian Emergency Preparedness College

2000 - 2003, 2006 - 2010, 2014 - 2018 – Municipal Councillor for the Town of Renfrew

2003 - Yoga Instructor - Frameworks

2004 - Addiction Studies

2007 Older Adult Fitness Instructor – 2010- 2016

Current owner/operator of the Barber Shop