

Yoav Avidar

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Yoav Avidar is a former gymnast and athlete who in 1997 devoted himself to the fitness industry and became the national aerobic champion. Thereafter, he graduated from the "Nat Holman School for Coaches & Instructors" at the Wingate Institute for Physical Education & Sport as an exceptional instructor with honors.

Since graduation, he has become a very appreciated and requested instructor. Regarded as one of Israel's top presenters Yoav was chosen Israeli "Instructor of the year 2001". He teaches in all the leading fitness studios, and is constantly invited all over the country to lead workshops and advanced studies in fitness instruction for qualified instructors. As a staff member of the Wingate Institute for Physical Education, he has become an important factor in training the new Israeli aerobic generation and today he is partner as well as coordinator for the "B Academy" school for instructors and continuing education.

Between 1999 - 2001, he was a member of the Israeli Adidas "vision team", and since 2002 is a "Nike Elite Trainer". Yoav is a most experienced and well-known presenter at the International aerobic conventions in Israel and abroad.

Today Yoav is a co-owner of the "B.Academy" - Fitness & Dance certifications and continuing education institute.

Yoav's wide variety coupled with professional skills and creativity, in Lo/Hi, step training, body conditioning and stretching classes, are a guaranty for a most extraordinary workout. Through his dynamic personality, as well as charismatic disposition, he is able to captivate every audience.

Resume

Personal details

Name: Yoav Avidar.

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Formal education

>1992 - Graduated 12 years, high school finals at the - "Ginsburg" high school, Yavne, Israel.

>2001- **L.L.B** (B.A in Law), "Tel - Aviv university", Tel - Aviv, Israel.

Professional education

> 2004 - **M.P.E** (Master of Physical Education Science) first year student at the "Wingate college for Physical Education".

>2002 - **Strength training (Gym) course** at the " Nat Holman School for Coaches & Instructors" at the Wingate Institute for Physical Education & Sport, Netanya Israel.

>1997- **Aerobic & fitness course** at the " Nat Holman School for Coaches & Instructors" at the Wingate Institute for Physical Education & Sport, Netanya Israel.

> **AFAA** certified.

> Certified "**Spinning**" instructor (Mad Dogg Athletics).

> **Pilates** mat work certification.

> **IDEA** member.

Professional experience

- > "Nike training tour" Convention, **Lier**, Belgium - 11/2004
- > "Finessement Autre" Convention, **Fontainenleau**, France - 10/2004
- > "MIOFF" Convention, **Moscow**, Russia - 09/2004
- > "World Fitness IDEA" Convention, **San Diego**, California - 2004
- > **Filex** convention, Sydney, **Australia** - 2004
- > **ECA** convention, **NY**, U.S.A - 2004
- > "The New Generation" convention, **Belgium** - 2003
- > Manz "O Corpo Em Movimento", **Aviero**, **Portugal**, 2003
- > **ECA** convention, **Miami**, Florida U.S.A - 2003
- > "Youth Camp" **Taiwan** instructor training - 2003
- > Jafa "Fitness Forum", **Fukouka**, Japan, 2003
- > Multitrax "Fitness Forum", **London UK**, 2003
- > "World Fitness IDEA" Convention, **Anaheim**, California - 2003
- > Manz "O Corpo Em Movimento", **Lisbon**, **Portugal**, 2003
- > Jafa "Fitness Forum" 2002 in **Yokohama**, Japan
- > "World Fitness IDEA" Convention, **San Diego**, California - 2002
- > "Elite fit" international convention, **Belgium** - 2002
- > **ECA** convention, **Miami**, Florida U.S.A - 2002
- > "The New Generation" convention, **Belgium** - 2002
- > "The New Generation" convention, **Belgium** - 2001
- > **ECA** convention, **Miami**, Florida U.S.A - 2001
- > "Fitness Fiesta", **Paris**, France - 2001
- > "Wellness sport" convention, **Madrid Spain** - 2001
- > "The New Generation" convention, **Belgium** - 2000
- > "Wellness sport convention", **Sao Paulo Brazil** - 2000
- > The Fitness Company Spa at **Glenpointe**, **Teaneck**, **New Jersey**- 1999 & 2001
- > Since 1998 - Presenting at the Israeli international conventions - "The Aerobic Experience", "Aerobics at Wingate", "The Aerobithon", "Eilat Aerobic Vacation".

Other

- > 1997 National sport aerobic champion.
- > 1999 - 2001 Member of the Israeli **Adidas "vision team"** that promotes the Aerobic and fitness industry.
- > 2002 - **Nike Elite Trainer**.

Recommendations by

Marcus Irwin (Australia), Elsie Matthijssens (Belgium), Rebecca Small (Australia), Alex Ventura (Spain),
Stephan Galtier (France), Marcos Prolo (USA), Rob Glick (USA), Patrick Goudau (USA).

WORKSHOPS / MASTERCLASSES

Hi / Lo Aerobics & Dance:

Cardiography - Workshop

Are you ready to party? A Dace style Lo/Hi workshop that will take you into a journey of classic Aerobics movements mixed with some spicy Dance moves. See how the most complex sequences begin at the very basic of steps and become a motivating, fun & exciting combination.

Take It From The Top

The best part of a good aerobic session is the second your three combinations fit together like you planned and your masterpiece comes to life. But why wait for the end of your session to enjoy your work when you can "split" from the beginning. This session is going to take you through a simple technique that will allow you to do your "split" from the beginning, without having to wait for the third symmetric combination.

"Break- Dance"

Hi/Lo moves, dance, layering and technique... stop giving titles and finding excuses because you should know that dance based choreography is breakable too! Join Yoav to a dance inspired lo/hi session taught "by the book". From hamstring curl and a march all the way to piruet, attitude, jette and more. Everyone is ready?...5,6,7,8

Fame

"...I want to live forever, baby remember my name..." this will be a class to remember how you expressed the dancer in you. No professional experience is needed just loads of energy, a huge smile and the motivation to get the hottest moves taught in the smoothest technique

Step training:

Double No Trouble

Don't panic! This is a fun for all, double step workshop that will help you bring a new atmosphere into your step classes. The workshop is full of creative but logical choreography that challenges even the most experienced students. "Sparking" the basic steps & combining complex moves into a flow of energy & joy.

Steptease

If I were to take off one piece at a time, from top to bottom, layer by layer, leaving only the bare essentials... I would end up with a few simple base moves and a pile of great ideas. What did you think I was talking about? Join me for a strip... I mean step session that will make you even wanna take... your... hat... off!

Streptococcus

Careful!!! This session is contagious...taking this workshop will make you not wanna' go back to anything you did before...come and get some tips for creating a perfectly balanced workout, a load of challenging, tap free and super dancy style choreography all wrapped with the most logical teaching technique. So...get ready to be part of this amazing disease of creativity and logic!

Step the Other Way

Bored of your own step classes? Need something to spice them up? Try to step the other way, lengthwise... Join Yoav to for a total new look at planning & teaching a vertical step class.

Body conditioning & mind body training:

Mind over matter

A body conditioning session that integrates many of the latest buzzwords such as Yoga, Pilates, balance, stability, and functionality all in a very up to date power workout. Use the tubing, body weight and control and return to the roots of pure body sculpting and functional conditioning all wrapped up in a demanding mind body session.

And many more...