

MaDonna Grimes

Reflections

MaDonna Grimes defined as one of the hardest working woman in Hollywood. She has defined the fitness and dance industry with her innovative dance and fitness classes and electric energy. When she walks in the room she sets it on fire.

Experience

MADONNA GRIMES DANCE FITNESS THEATRE COMPANY LOS ANGELES, CA

- Owner and Instructor
- **World Dance Championships, Barcelona Spain** - Head Judge and Creator for 10 years
- **Executive Producer for "Get Up and Dance"** - Comcast, On Demand, Network
- Certifies and Trains new Instructors with her innovative teaching technique.
- Produced Several Fitness and Dance Videos (List Available Upon Request)
- Provides Space For Several Popular Television Shows (Dancing With The Stars)
- Featured Instructor on **Fit TV** (All-Star Workout w/ MaDonna Grimes)
- **Winner of 2006 NAACP Award for Best Choreography Theatre Award** for "BODY LANGUAGE" Writer/Director Michael Ajawe
- Master Instructor "IDEA Convention" Las Vegas
- Nominated 2005 NAACP Award for Best Choreography Theatre Award For "If you Don't Believe" starring Tatiana Ali
 - MaDonna Grimes World Dance Championships on ESPN 2006
- Travels the world choreographing, teaching, and certifying instructors.
- Cheerleading Championship for Ohio State University (ESPN UCA CHAMPION)
- USA National Aerobics Champion
- 2nd place World Aerobics Champion
- Miss Fitness America (Los Angeles)
- Miss Fitness International (ITALY)

Titles Held

Education

- BS degree in Dance Education from Ohio State University
- MA degree in Dance Choreography from New York University

- Instructor Certified America Council On Fitness ACE
- Instructor Certified International Dance Education Association
IDEA
- Certified IFBB Pro Personal Trainers Association www.proppa.com
(Master Trainer)
- Founder and Creator of The Madonna Grimes Fitness Certification

Choreography

- **Be Be Wynans' Fitness Video**
- **Heather Locklear Fitness Video**
- **Pointer Sisters' Fitness Video**
- **Lula Mitchell (Mexican Star) Fitness Video**
- **Ojay Simpson Fitness Video**
- **Asstn. Paula Abdul Fitness Video**
- **Asstn. Karen Voight Video**
- **Denise William's Tour 2005**
- **Shanti - Tour 2006**
- **The Original Bun's of Steel Video**
- **If you do not believe - Musical - by Mike Ajawe**
- **Body Language - Musical by Mike Ajawe**
- **National and World Aerobic Champions**

From Brazil, USA, Germany, Japan, Mexico, Switzerland, France and Italy

- **Fitness Champions from all over the World**

MaDonna Grimes' Personal Video Titles:

Burn It Up
 Cardio Hip Hop – Jump Mutha
 Cardio Sculpt
 Tone it Up
 Hip Hop Dance – Starring Ladies of Soul

Hip Hop you Don't Stop
Urban Street Beat – Natural Journey's
Afro Heat- Latin Beat – Natural Journey's
Dance Street 1
Dance Street 2
Dance Street 3
Dance Street 4
Dance Street 5
Afro – Latino
Stretch and Tone for Pregnancy
Dance Workout for Pregnancy
Sexy Fit Workout
Sexy Abdominals
Sexy Booty Builder