

PAT SEIFRIED



International Presenter
Member and Instructor in
and for **People in Motion**

DESCRIPTION

First and last name : **Patrick Seifried**
Nickname : **Pat**
Date of Birth : **January 20, 1971**
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Phone number : **+41 79 / 689 91 74**
Nationality : **German, living in Switzerland**
Hobbies : **fitness, dancing, skiing, home and garden, cinema**



SHORT BIOGRAPHY

Pat is international Top-Presenter, team member and trainer for Dance-Aerobic™ and Dance-Step™. Meanwhile the charming, good-humoured and genial Top-Presenter of the SAFS Presenter-team is well known Europe-wide. Pat excels thanks to his motivating, warm and enthusiastic personality. If it is Dance-Aerobic, Dance-Step, House, Latin or Funk, Pat has made it to an art to weave trendy dance moves with a logical breakdown to create the ultimate choreography. Typically Pat – he adds effective but simple arm combinations to all of his movements. Because of his clear and logical breakdown, enthusiasm, fun and adrenalin in his classes is guaranteed! Pat was a dancer in high ranked Latin American dances and through that found his love to Aerobics.

KEY DATA

- Standard and Latin American Dancer
- International Top-Presenter
- Team Member and Instructor with People in Motion for Dance-Aerobic™ and Dance-Step™
- Dance-Aerobic™ Elite Instructor, Dance-Step™ Elite-Instructor
- Sponsored by Anniluce, Reebok und Multitrax
- SAFS Choreography Instructor
- SAFS Step Reebok Expert
- Star Education Aerodance Instructor
- Aerobic-Instructor in Top-"Dance"-Club Arena 225, Zurich, Switzerland
- Aerobic-Instructor in "Dance-Center" Fitnessplus, St. Gallen, Switzerland
- Diploma as business information, University of Mannheim, Germany
- Dr. rer. oec., University of St. Gallen, Switzerland

EDUCATIONS & ADVANCED TRAININGS

- diverse Workshop in HipHop, Funk, Ragga Jam, Nike Workout, Pilates und Stretching
- Dance-Aerobic™ und Elite Instructor, Marc-Oliver Kluike, People in Motion
- Dance-Step™ und Elite Instructor, Marc-Oliver Kluike, People in Motion
- Aerodance Instructor, Cyrill Lüthi, Star Education
- Presenter Education, Marcel Baumann and Beate Missalek, SAFS
- Step Reebok Expert, Esther Albin, SAFS
- Presenter and Choreography Workshops, Marcel Baumann and Sampa van den Berg, SAFS
- Body Pump Trainee, Jacqueline Klosner, SAFS
- Bodytoning Instructor, Pam Cosmi, AFIS



REFERENCES

- **Marc-Oliver Kluike**, Int. Top-Presenter, Founder of People in Motion, +49 (173) 296 9635
- **Jutta Schuh**, International Top-Presenterin, +49 (172) 662 2662
- **Agneta Antonsson**, International Top-Presenter, +46 (73) 368 0011
- **Sampa van den Berg**, International Top-Presenter, +41 (79) 285 8225
- **Cyrill Lüthi**, International Top-Presenter, Founder Star Education, +41 (79) 218 5445
- **Giusi Verre**, Founder of chain Fitnessplus, + 41 (79) 228 9181

- Heaven 'n Shake -

Do you like to dance to heaven? Than stay right here. Sweeping house and dance floor music influence the trendy dance steps in this class. Feel the music of the 70th to the 90th mixed with actual burning chart hits. The movements are grounded upon basic aerobic combinations combined with numerous variations of HOT house and disco moves! You feel your body, you feel your soul and you feel your passion to dance. Rock to heaven with me!

- Sunshine Feelings -

Let the sun rise! This cocktail mixes together: fun, trendy dance elements, logical breakdown, flowing chore-ography and all the best feelings that you can imagine. The class gives you ideas for your own classes. Let the smile into your face, like getting real sunshine feelings.

- Dance-Aerobic™ -

Dance-Aerobic is a combination of well-known aerobic moves mixed up with dance elements out of jazz, latin, funk and house. Because of attitude, shift in direction and change of rhythm, you will be a part of a dance ses-sion with a awesome breakdown accompanied by overwhelming atmosphere. Get ready to dance with me!

- Latin Spirit -

Let the sun rise! Latin Spirit shows you the impact of Latin movements upon usual aerobic steps. Everybody can feel the beat of attracted Latin house sound. Together with a flowing and applicable choreography you can hardly wait till the "Sun-Final" rises. Let the Latin Spirit get you!

- Funk Up! -

Funk with your heart and soul! You will be introduced into the fascinating world of hip-hop by using funky movements with great and splashy R'n'B music. You feel the moves and you easily follow the choreography. Definitely - after the class you would like to teach Funk by yourself because you recognize - it's really simple. Let the hip-hop spirit get you and funk up with me!

- Pat'Step! -

In this class you will find a logical phasing breakdown. We work together from the well-known basic steps to the final choreography and you will wonder how we did that. The class is featured by attitude, shift in direction and change of rhythm. You will enter the Pat'Step World with hoping never come out. Let me inspire you!

- Asymmetric Step -

The Step changes itself into a dance platform. The partly asymmetric choreography starts off with the step ba-sics, broken down phase by phase until it reaches the ultimate dance step combination. This class promises you a vibrating, pulsating, full of new impulses, Step highlight. I will show you how easy it is to build up a dance Step class that you will never forget. Feel the next level step!

- Dance-Step™ -

Logical flow is the password for this very original class with a addictive, harmonic and symmetric choreography. It is packed full of creativity, a very clear breakdown which will not only fascinate you but motivate you to the limit. Ideas will inspire you to use it in your own step class. Get ready for the challenge!

- Best of Highlights and Cooldowns -

Here at this unique class you will meet awesome and easy choreographies which are combined to well-known chart breaker throughout the music history. Pat shows you different dance styles with his highlights. The chore-ography is perfect to use it in your classes as warm-ups or cool-downs. Of course – the MUST is music inter-pretation. What in here? Different highlights and cool-downs, simple but special choreographies, music pieces exceptionally selected, and the charming Pat – it is just too much to miss it. See you!

- Mix it Up! -

This class is a combination of traditional aerobic moves and trendy dance elements all rolled up in one energy charged (right/left) symmetric class. You will learn the choreography in a way of ease by using different break-down methods. At the end we change the order – and mix it all up. Intensity and fun is guaranteed! Be there.



RECENT CONVENTIONS & EVENTS

- SAFE Convention, Stockholm [Sweden]
- SATS Convention, Stockholm [Sweden]
- Israel Gymnastic Federation Convention, Tel Aviv [Israel]
- Nike Convention, Helsinki [Finland], Moskau [Russia], Budapest [Hungary]
- Intersport Convention, Samara [Russia]
- Blackpool Convention, Blackpool [United Kingdom]
- Fitcamps Convention, London [United Kingdom]
- EEVL Convention, Tallinn [Estonia]
- 3T Aerobic Week, Trondheim [Norway]
- SATS Event, Kopenhagen [Denmark]
- THE WEEK, Ibiza [Spain]
- Aerobic weeks in [Italy], [Greek] und [Turkey]
- Robinson Fit'n Fun week, Camyuva [Turkey]
- Fibo, Essen [Germany]
- THE EVENT, Düsseldorf, Heidelberg, München [Germany]
- Deutsches Turnfest, Berlin [Germany]
- IFAA Convention, München [Germany]
- Bodylife, Karlsruhe [Germany]
- Pure Emotion Convention, Leipzig, Hanover, Bremen, Stuttgart, Frankfurt, Munster [Germany]
- UliSports Convention, Stuttgart [Germany]
- DFAV Convention, Pure Emotion, Munich, Hamburg [Germany]
- DTB / STB / NTB / PTB Convention, Frankfurt / Stuttgart / Hanover / Kaiserslautern [Germany]
- Attack Convention, Bad Waldsee [Germany]
- Aerobic & Fitness Convention, St. Pölten [Austria]
- Fit 2003, Wels [Austria]
- SAFS Kongress, Interlaken, Zurich [Switzerland]
- SAFS Fitness, Basel [Switzerland]
- Euro Convention, Basel [Switzerland]
- Tenero Convention, Locarno [Switzerland]
- Arena 225 Convention, Zürich [Switzerland]
- Vertigo Convention, Lausanne [Switzerland]
- Star Education Aerobic Event, Gossau, Zürich, Zug [Switzerland]
- many workshops with DTB, STB, NTB, Migros, Fitnessplus, TC and People in Motion
- and more international and national events

