

ROBERT SMITH

Exercise Instructor/Representative

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Career as a law enforcement officer. Seventeen of those years were at the supervisory level including eight years as Chief of Police.

EXPERIENCE

Exercise Instructor/Representative

Impact Fitness - White Rock - NOVEMBER 2011 - 2020

- Taught spin (indoor cycling) class Accomplishments Organized.
- Promoted a successful early morning spin class beginning.
- Created a lesson plan for each class.
- Created music playlists for each class.
- Assisted each participant in using the equipment.
- Tested for ideal physical fitness range and placement.
- Taught agility, endurance, and stabilizing drills to better the girls performances.

Exercise Instructor

Delta Corporation - 2010 - 2011

- Yoga, Chair Yoga, Silver Sneakers Cardio & Circuit Exercise Instructor, Personal Trainer, and Healthy Living Coach.
- Certified Yoga Teacher 200-hr, Certified Personal Trainer.
- Exercised Phase II and Phase III cardiac patients while monitoring their hemodynamics throughout their exercise program Designed a Phase IV cardiac .
- Am Responsible for the curriculum implementation in the exercise classroom, at a school based program for adults with varying mental and/or physical .
- Help insure the smooth operation, along with my fellow staff mates, of the program at all times.
- Am constantly solving problems of all aptitudes at a moments notice to ensure that all service recipients are happy and healthy at all times.
- Also Take care of the personal care needs of the individual recipients to ensure the most comfortable and rewarding experience.

EDUCATION

- Master's in Liberal Arts with concentration in communication - 2001(Southern Methodist University - Dallas, TX)

SKILLS

Measurements, Fitness testing.