

## Objective

Detailed oriented, fast learner, motivated, hard worker, dependable and deadline sensitive. Responsible for developing individual lesson plans, being familiar with various styles of class formats.

## Skills

Technical Skills, Management.

## Work Experience

### Exercise Instructor/Executive

**ABC Corporation** - January 2014 – June 2014

- Instructed, individual program development, and personal training services online with fitness to clients.
- Conducting proper evaluation, protocol implementation and training services online.
- Evaluating the strengths and weaknesses of clients, considering their medical conditions.
- Recorded the progression through program stages.
- Implemented protocol or program changes as required.
- Managing/Moderating group coaching on chat groups by motivating clients towards fitness.
- Converting free trial clients to premium clients.

### Exercise Instructor

**Delta Corporation** - 2010 – 2014

- Developed and taught educational presentations of wellness topics and exercise classes while providing a safe and enjoyable exercise experience for .
- Worked directly with clients to assist in helping them meet thier fitness, and health goals.
- Lead exercise classes alone with planning, coordination and evaluation of senior citizen physical activities.
- Enforced all facility and program policies.
- Chris King RN, Manager at time #808-522-4000.
- Developed safe and effective exercise programs for senior citizens of various fitness levels.
- Led exercise classes (i.e.

## Education

B.S. in Kinesiology - (California State University - Los Angeles, CA)