

ROBERT SMITH

Associate Exercise Instructor

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To obtain a position in the health promotion and wellness field where can use experience and passion for wellness to improve the lives of others.

JANUARY 2013 - JUNE 2014

ASSOCIATE EXERCISE INSTRUCTOR - ABC CORPORATION

- Experienced working with people with complex medical conditions, disabilities, and special needs preferred.
- Demonstrated worked experience in fitness and/or athletic environment.
- Demonstrated experience in the assessment of clients and development.
- Monitored of individual exercise programs.
- Strong communication and interpersonal skills.
- Able to understand and react effectively to the unique needs of customers of varying age groups.
- Exercised physiology or related field preferred, CPR certification.

2009 - 2013

EXERCISE INSTRUCTOR - DELTA CORPORATION

- Led exercise classes in water aerobics,dance and chair yoga.
- Satisfied customers.
- Instructed classes in exercises,water aerobics,sitting yoga and dance.
- Satisfied Customers Skills Used Certified Senior Exercise Instructor Training.
- Lead Mat Pilates, Weight training and aerobics classes Accomplishments Very highly attended classes and repeat clients for all my years Skills Used .
- Demonstrated stretches for students Worked in direct association with College of Pharmacy Students Pharmacy student would prescribe "problem area" .
- Green, North, West locations.

EDUCATION

Masters in Exercise Science - 2012(Long Island University - Brooklyn, NY)

SKILLS

Customer Service, Computer, Self Starter, Goal Oriented.