

EVELYN WHITE

Fitness Assistant

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PROFESSIONAL SUMMARY

Enthusiastic fitness professional with two years of experience in supporting fitness programs and enhancing member engagement. Proven track record in instructing clients on proper exercise techniques, ensuring safety, and maintaining a welcoming environment. Committed to promoting health and wellness while providing exceptional customer service and fostering a positive community atmosphere.

WORK EXPERIENCE

Fitness Assistant

Seaside Innovations

📅 Apr / 2024-Ongoing
📍 Santa Monica, CA

- 1. Instructed participants on effective exercise techniques to enhance performance and safety.
- 2. Monitored client progress and adjusted fitness programs to meet individual goals.
- 3. Provided guidance on nutrition and lifestyle choices to promote overall wellness.
- 4. Enforced safety protocols and maintained a clean, organized fitness environment.
- 5. Assisted in the development and execution of group fitness classes.
- 6. Conducted equipment checks to ensure functionality and safety.
- 7. Fostered a supportive atmosphere to encourage member participation and motivation.

Fitness Assistant

Crescent Moon Design

📅 Apr / 2023-Apr / 2024
📍 Portland, OR

- 1. Conducted regular maintenance and cleaning of fitness equipment.
- 2. Assisted trainers by demonstrating proper exercise techniques and safety measures.
- 3. Provided clients with information on appropriate fitness gear and attire.
- 4. Maintained accurate records of client attendance and progress.
- 5. Collaborated with team members to enhance group fitness offerings.
- 6. Engaged with clients to build rapport and encourage consistent attendance.

EDUCATION

Bachelor of Science in Kinesiology

University of California, Los Angeles

📅 Apr / 2022-Apr / 2023
📍 Toronto, ON

Studied exercise science, anatomy, and nutrition to support fitness and health initiatives.

SKILLS

Bilingual Communication



Fitness Software Proficiency



Exercise Programming



Fitness Assessments



ACHIEVEMENTS

- 🌟 Increased class attendance by 20% through engaging fitness sessions.
- 🌟 Received positive feedback from 95% of clients for personalized training approaches.
- 🌟 Implemented a weekly nutrition workshop that boosted member participation.