

Objective

A very driven and passionate young professional. An excellent motivator and mentor many athletes, teammates, and co-coaches. Consistently set new goals and expectations for and for those around.

Skills

Modalities: Free Weights. Strength Machines. Cable Machines. Resistance Bands. Medicine Balls. Balance Balls. -Excellent Communication.

Work Experience

Fitness Professional

ABC Corporation - 2013 – 2021

- Provided personal and sports performance training for children, adolescents, and adults in the areas.
- Conducted regular progress assessments with and for individual clients.
- Assisted in the management and maintenance of the overall organization of the fitness facility, including but not limited to; proper equipment.
- Responsible for ensuring appointments are made and carried out for other fitness services such as group fitness classes and spa treatments.
- Assists individuals of all types with fitness, and personal goals.
- Skills in sales, marketing, programming, and supplementation are used.
- Work with clients to improve their overall strength and conditioning Maintain a consistent clientele base of more than 20 clients.

Fitness Professional

Delta Corporation - 2012 – 2013

- o Provided personal and sports performance training for children, adolescents and adults in the areas including but not limited to the following .
- o Conducted regular progress assessment with and for individual clients.
- o Assisted in the management and maintenance of the overall organization of the fitness facility, including but not limited to; proper equipment .
- o Responsible for ensuring appointments are made and carried out for other fitness services such as group fitness classes and spa treatments.
- New York, New York Fitness Professional who assists individuals of all types with fitness, and personal goals.
- Skills in sales, marketing, programming, and supplementation are used.
- Work with clients to improve their overall strength and conditioning Maintain a consistent clientele base of more than 20 clients.

Education

Associate - (Southern New Hampshire University)