

Objective

To utilize education, experience and business skills with a progressive organization that expects and desires results.

Skills

Microsoft Office, ADP Payroll.

Work Experience

Personal Training Director III

ABC Corporation - May 1999 – April 2006

- Suggested exercise modifications to individual clients to avoid strain and .
- Hired to establish protocols and operations for the fitness department of a new 140k squarefoot facility.
- Responsible for sales, fitness staffing, fitness evaluation, small class instructing, etc.
- Served as human resources to ensure hiring of potential personal trainers.
- Initiated staffing recommendations for the executive management.
- Increased profit margins by creating appropriate staff training on sales, customer service, customer retention and maintaining accurate records and reports.
- Managed aquatics and cycling program that consisted of 30 classes per week and 23 fitness instructors.

Personal Training Director

Delta Corporation - 1994 – 1999

- Giving members introductory assessments and achieving department sales goals Set up clients with the right personal trainer to fit their personality .
- Take clients to the next levels of health and fitness.
- Worked with clients prescribing a set of exercises suitable to their goals Perform exercise testing; including Bruce protocol, strength , flexibility,.
- Oversee entire training program Hiring Trainers Client fitness meetings Payroll.
- Supervised and trained all personal training fitness professionals.
- Generated revenue in daily sales and promotions.
- Promoted health, nutrition and group training.

Education

Bachelors of Science in Kinesiology - (Kansas State University)