

EMMA JOHNSON

Pilates Instructor

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PROFESSIONAL SUMMARY

With a decade of experience as a Pilates Instructor, I specialize in crafting personalized fitness regimens that enhance mobility, strength, and overall health. My focus on client-centered training fosters an inclusive atmosphere where individuals thrive. Dedicated to continuous learning, I implement innovative techniques that motivate diverse clientele to achieve their wellness goals.

WORK EXPERIENCE

Pilates Instructor III

Seaside Innovations

Jan / 2019-Ongoing

Santa Monica, CA

- 1. Delivers exceptional Pilates instruction to clients, focusing on safety and effectiveness.
- 2. Utilizes scheduling software to efficiently manage group and private session bookings.
- 3. Maintains accurate records of client progress and session attendance.
- 4. Participates in ongoing professional development and training workshops.
- 5. Creates a welcoming environment that encourages client engagement and retention.
- 6. Collaborates with healthcare professionals to tailor programs for clients with specific needs.
- 7. Promotes Pilates classes through social media and community outreach initiatives.

Pilates Instructor

Silver Lake Enterprises

Jan / 2015-Jan / 2019

Seattle, WA

- 1. Provided individualized Pilates sessions in various settings, including studios and rehabilitation centers.
- 2. Conducted both group classes and one-on-one training sessions, ensuring high-quality instruction.
- 3. Managed scheduling and client records as an independent contractor, maintaining organization and efficiency.
- 4. Organized educational workshops for fitness professionals, enhancing industry knowledge and connections.
- 5. Taught specialized classes at hospitals' Extended Rehab and Fitness Centers.
- 6. Developed and delivered community education programs to promote health and wellness.
- 7. Instructed diverse classes, including Matwork and Reformer sessions, catering to varying skill levels.

EDUCATION

Bachelor of Science in Kinesiology

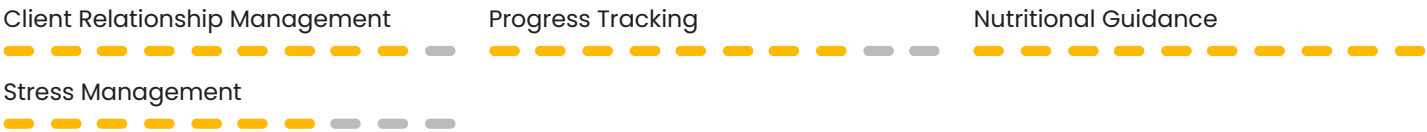
University of Health Sciences

Jan / 2012-Jan / 2015

Seattle, WA

Focused on exercise science, anatomy, and rehabilitation techniques.

SKILLS



ACHIEVEMENTS

- Developed a specialized program that improved client strength and flexibility, leading to a 30% increase in client retention.