



BENJAMIN LEE

Spin Instructor

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PROFESSIONAL SUMMARY

Passionate Spin Instructor with 7 years of experience in crafting energetic cycling classes that engage participants of all fitness levels. Skilled in utilizing music to drive motivation and enhance the workout experience. Dedicated to fostering a positive community atmosphere, empowering individuals to achieve personal fitness milestones through tailored guidance and support.

WORK EXPERIENCE




Spin Instructor  Mar / 2020-Ongoing  Chicago, IL
Blue Sky Innovations

- 1. Designed and implemented weekly indoor cycling workouts tailored to diverse fitness levels.
- 2. Ensured a safe and effective cardio workout experience for all class attendees.
- 3. Guided classes of 5-20 participants through intense indoor cycling sessions, fostering motivation and accountability.
- 4. Planned and led engaging group exercise routines that emphasized community spirit.
- 5. Recognized for exceptional music selection to enhance class energy.
- 6. Certified Spin Class Instructor, adept at teaching both beginner and advanced levels.
- 7. Monitored participant form and technique to ensure safety and effectiveness.

Spin Instructor  Mar / 2018-Mar / 2020  Seattle, WA
Silver Lake Enterprises

- 1. Instructed high-paced 60-minute indoor cycling classes for groups of 10-20 members.
- 2. Created two weekly workouts designed to challenge endurance and cardiovascular fitness.
- 3. Facilitated classes with an average of 15 participants, consistently receiving positive evaluations.
- 4. Maintained a long-term commitment to early morning and evening classes for over 11 years.
- 5. Scheduled instructor at the gym since September 2015, demonstrating reliability and dedication.
- 6. Continued to provide substitute instruction for fellow instructors as needed.

EDUCATION

Bachelor of Science in Exercise Science  Mar / 2016  Mar / 2018  Seattle, WA
State University

Focused on exercise physiology, biomechanics, and fitness management.

SKILLS

Strong Class Management Skills

Nutrition Basics

Goal Setting

Stress Management

Positive Reinforcement

Class Promotion

INTERESTS


 Gaming


 Fashion


 Film


 Technology

STRENGTHS

 Fairness

 Flexibility

 Forward-thinking

 Gratitude

LANGUAGES



English



Swahili



Mandarin

ACHIEVEMENTS

- ★ Increased class attendance by 30% through innovative workout designs and engaging music playlists.
- ★ Achieved an average participant satisfaction score of 95% in class evaluations.
- ★ Successfully led charity spin events, raising over \$5,000 for local health initiatives.