



# ETHAN MARTINEZ

## Spin Instructor

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## PROFESSIONAL SUMMARY

Seasoned Spin Instructor with 7 years of experience in delivering high-energy cycling classes for diverse fitness levels. Expert in designing motivating workouts and engaging playlists that inspire participants. Committed to fostering a vibrant community atmosphere, empowering individuals to reach their fitness goals through personalized coaching and support.

## WORK EXPERIENCE

### Spin Instructor

📅 Mar / 2021-Ongoing

Quantum Solutions LLC

📍 Phoenix, AZ

1. Designed and led high-energy spin classes for participants of varying fitness levels, ensuring an engaging experience.
2. Curated dynamic playlists that enhanced motivation and performance during workouts.
3. Provided personalized coaching and feedback to help participants improve their cycling techniques.
4. Ensured safety and proper use of equipment throughout classes.
5. Organized themed classes to boost attendance and maintain participant interest.
6. Conducted fitness assessments to tailor workouts to individual needs and goals.
7. Fostered a supportive community atmosphere, encouraging camaraderie among participants.

### Spin Instructor

📅 Mar / 2018-Mar / 2021

Lakeside Apparel Co

📍 Chicago, IL

1. Delivered exceptional customer service to enhance the overall experience for studio clients.
2. Assisted in maintaining a clean and welcoming studio environment, promoting a positive atmosphere.
3. Supported fellow instructors with class preparation and equipment setup, ensuring smooth operations.
4. Collaborated with studio staff to develop community engagement events that attracted new clients.
5. Maintained studio aesthetics and culture, reinforcing the brand identity.
6. Provided professional assistance to clients, ensuring their needs were met in a timely manner.

## EDUCATION

### Bachelor of Science in Kinesiology

📅 Mar / 2015-Mar / 2018

University of California

📍 Phoenix, AZ

Focused on exercise science, fitness programming, and health promotion.

## SKILLS

Fitness Adaptability



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Effective Communication



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Creative Class Design



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Music Selection



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Cycling Techniques



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Motivational Speaking



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## INTERESTS

★ Surfing

🌐 Martial Arts

👥 Community Service

📝 Blogging

## STRENGTHS

⌚ Patience

🏔️ Perseverance

📅 Planning

⚙️ Positivity

## LANGUAGES



English



Russian



Spanish

## ACHIEVEMENTS

★ Increased class attendance by 30% through innovative marketing strategies and themed rides.

★ Developed a community outreach program that engaged over 100 local participants in fitness events.