

ROBERT SMITH

Spinning Instructor

Phone: (0123)-456-789 | Email: info@qwikresume.com | Website: Qwikresume.com

SUMMARY

Spinning Instructor is to provide advice to individuals on the correct method of exercising with fitness equipment. Assess individual's current exercise program and level of fitness to develop personalized exercise programs and provide fitness counseling.

CORE COMPETENCIES

Leadership, Organization, Planning skills.

PROFESSIONAL EXPERIENCE

Spinning Instructor

ABC Corporation - May 2014 – December 2014

Key Deliverables:

- Ensured class begins and ends on time.
- Taught respective classes on a regular basis and keep subbing to a minimum.
- Communicate with Group Fitness Manager on member feedback, equipment and operational status, scheduling, and subbing.
- Maintained a professional attitude toward responsibilities, fellow instructors, club staff and members.
- Supported and articulated the Edge Fitness mission statement.
- Maintained a healthy way of life.
- Adhered to Group Exercise policies and procedures.

Spinning Instructor

Delta Corporation - 2013 – 2014

Key Deliverables:

- Led energizing, fun, safe, and educational group classes, as directed by the supervisor, to accomplish the CDYMCA mission and goals.
- Maintained continuing education around the latest group fitness trends.
- Promoted group fitness programs as a brand ambassador to attract new members.
- Built effective, authentic relationships with members creating a community within the class.
- Observed and adjusted approach to support all participants' capabilities, physical conditions, health, and culture.
- Kept accurate class attendance records.
- Maintained cleanliness of the facility as a member of Clean Team.

EDUCATION

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High School Diploma

