

Tassie Sye

Fitness Specialist

 tassie.sye@gmail.com

 (400) 529-9977

 1234 Oak Street, Portland, OR 97210

EDUCATION

Associate of Applied Science in Exercise Science at Portland Community College, Portland, OR

Aug 2017 - May 2022

Relevant Coursework: Anatomy and Physiology, Kinesiology, Exercise Physiology, Fitness Assessment and Programming, Nutrition, Strength and Conditioning, Biomechanics, Sports Psychology, and Health Promotion.

LINKS

[linkedin.com/in/tassiesye](https://www.linkedin.com/in/tassiesye)

SKILLS

Biomechanics

Kinesiology

Plyometrics

Myofascial Release

Electrocardiography

Hydrotherapy

Periodization

LANGUAGES

English

Urdu

HOBBIES

Strength training

Yoga practice

Trail running

PROFILE

Dedicated Fitness Specialist with 1 year of experience in designing and implementing personalized fitness programs for clients. Expertise in conducting fitness assessments, developing goal-oriented plans, and providing motivational support to ensure client success. Skilled in leading group classes, promoting proper exercise technique, and maintaining a safe training environment. Committed to staying current with industry trends and pursuing continuous professional development to deliver the highest level of service to clients.

EMPLOYMENT HISTORY

● Fitness Specialist at Oregon Fitness Specialist, OR

Mar 2023 - Present

- Successfully developed and implemented a personalized training program for over 150 clients, resulting in an average improvement of 30% in their fitness goals and a 95% client retention rate.
- Led group fitness classes with an average attendance of 50 participants per class, consistently receiving positive feedback and maintaining a 90% class retention rate throughout the year.
- Increased overall gym membership by 25% through targeted marketing campaigns and community outreach events, contributing to a 20% increase in annual revenue for Oregon Fitness Specialist.

● Assistant Fitness Specialist at ClubSport Oregon, OR

Jul 2022 - Jan 2023

- Successfully increased member retention rate by 15% within the first year by developing personalized fitness programs and consistently providing exceptional customer service.
- Conducted over 200 fitness assessments and orientations for new members, resulting in a 25% increase in personal training sales and a 10% increase in group class participation.
- Designed and implemented four new group fitness classes, attracting an average of 20 participants per class and contributing to a 7% overall increase in group fitness attendance.
- Led a team of five trainers in a six-week weight loss challenge, with participants losing a combined total of 300 pounds and generating \$5,000 in additional revenue for the club.

CERTIFICATES

National Strength and Conditioning Association Certified Personal Trainer (NSCA-CPT)

Sep 2021

American Council on Exercise Certified Group Fitness Instructor (ACE-GFI)

Oct 2019

MEMBERSHIPS

National Strength and Conditioning Association (NSCA)

American College of Sports Medicine (ACSM)