

# Cory Layton

Experienced fitness instructor with a background in both group and individual fitness instructing. Familiar with accommodating instruction according to the students' levels and abilities.



## WORK EXPERIENCE

### **Fitness Specialist – Group Exercise, Leidos**

McLean, Virginia • August 2017 – Present

- Develop program plans and instruct 8+ group exercise classes per week, including indoor cycling, strength training, and bootcamp training
- Conduct regular exercise equipment check and maintenance to ensure safety
- Educate students on proper form and practices for various types of exercises
- Act as an advisor on nutritional consultation
- Maintain positive relationships with students
- Curate upbeat and motivational music playlist to maximize students' performance and motivation
- Promote relevant fitness courses, programs, and promotions to appropriate customers

### **Personal Fitness Instructor, Orange Theory Fitness**

Vienna, Virginia • April 2016 – Present

- Create safe and effective exercise programs for clients
- Personalize fitness program tailored to clients' fitness level, abilities, needs, and schedule of maximize client satisfaction and results
- Provide clients with fitness, health, and nutrition-related information and advice
- Educate clients on proper exercise practices according to clients' fitness levels
- Coach clients on cardiovascular training
- Work with clients to set attainable fitness goals and assist them in achieving them
- Assign weekly assignment and goals for in between training sessions

### **Boxing Instructor, TITLE Boxing Club NoVA**

Falls Church, Virginia • October 2014 – April 2016

- Demonstrated and taught boxing techniques to students
- Educated proper and correct body form and various boxing stances to optimize boxing performance
- Designed and delivered comprehensive boxing fitness programs for all ages and skill levels
- Assisted students on setting goals and meeting them through regular training and fitness and boxing assessments
- Instruct group and individual boxing courses and both seasonal and intensive programs to tailor to different students' needs

McLean, Virginia

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## SKILLS

First aid

CPR

Blood pressure monitoring

Physical Assessment

Fitness Program Planning

Personal training

Group fitness instruction

Nutrition Counseling

## EDUCATION

### **Virginia Commonwealth University**

Richmond, Virginia  
2010 – 2014

B.S. Ed. in Health and Physical Education

GPA: 3.4

## CERTIFICATIONS

Red Cross CPR Certification

Recently renewed in 2020

Red Cross First Aid Certification

Recently renewed in 2019