

John Doe

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CAREER HIGHLIGHTS

- Customer Satisfaction** - Over 80% of clients return for continued training
- Versatile** - Teaches numerous different training classes including yoga, spin, boxing, kettle bell
- Customized Program Design** - Develops personalized programs to help clients achieve optimal results
- Nutrition Focused** - Works with all clients to incorporate healthy eating habits

PROFESSIONAL EXPERIENCE

PERSONAL ATHLETIC TRAINER | ABC Fitness, City, XX

May 2011-Current

Responsible for ensuring all members have above-average facilities and training opportunities. Splits time between teaching various training classes and providing personal training expertise to clients.

- Delivers personalized training & nutrition regimen to over 60 clients per month
- Instructs multiple classes that are attended by over 75 members daily
- Provides expert support on all areas of training: weight lifting, endurance, yoga, boxing, core strength, nutrition
- Maintains return rate of 83% in terms of clients signing up for additional training
- Awarded "Personal Trainer of the Year" in 2013 and 2016

FITNESS INSTRUCTOR | 123 Gym, City, XX

June 2008-April 2011

Hired to organize and coordinate fitness classes for gym that has over 300 members. Streamlined the schedule so that additional classes could be offered each day.

- Revamped structure and member access that led to 45% increase in fitness class attendance in one year
- Ensured all fitness equipment was properly cared for and maintained
- Promoted gym programs to the community, leading to revenue increases every year of employment
- Initiated fitness competitions and goals between members and groups that led to increased attendance

VOLUNTEER EXPERIENCE

VOLUNTEER, BBB Community Center, City, XX

2010-Current

- Volunteers at annual "Workout Weekend" as a guest fitness instructor for variety of classes
- Offers free nutritional consultation and exercise tips

CERTIFICATIONS

- Certified ACE Group Fitness Instructor
- Certified Personal Trainer, ACSM

EDUCATION

BACHELOR OF SCIENCE IN EXERCISE SCIENCE

May 2008

University of ABC, City, XX