

Timothy Duncan

Fitness Director

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📍 Milwaukee, Mayotte

SUMMARY

Highly experienced Fitness Director with a Bachelor of Science in Exercise Science. Demonstrated success in managing fitness activities and programs, leading personal training and group fitness initiatives, resulting in increased client engagement, member satisfaction, and program participation. Skilled in developing innovative wellness programs, coordinating fitness events, and collaborating with real estate communities to create customized fitness spaces. Motivational coach and effective communicator who inspires and guides clients towards their fitness goals. Excited about the opportunity to join a nationally recognized leader like Lulafit and contribute to promoting physical, social, and mental well-being.

EXPERIENCE

Fitness Director

Lulafit

📅 2022 - Ongoing 📍 Chicago, IL

Managed fitness activities and programs at assigned site(s), leading personal training activities and group fitness programming resulting in increased engagement and retention.

- Implemented new group fitness classes resulting in a 20% increase in program participation.
- Led a team of personal trainers, providing ongoing training and performance evaluations.
- Collaborated with real estate communities to create customized fitness spaces, resulting in higher tenant satisfaction.
- Developed and implemented health and wellness initiatives, resulting in a 15% decrease in employee absenteeism.
- Managed fitness equipment inventory and maintenance, ensuring a safe and functional environment for all users.

MY LIFE PHILOSOPHY

Fitness is not about being better than someone else... It's about being better than you used to be.

STRENGTHS



Motivational Coach

Inspire and motivate clients to reach their fitness goals through positive reinforcement and personalized coaching strategies.



Effective Communicator

Utilize strong communication skills to establish rapport with clients, instructors, and team members, resulting in improved collaboration and client satisfaction.



Adaptable Problem Solver

Quickly adapt to changing situations and solve problems creatively, ensuring smooth operation of fitness programs and exceptional customer experiences.

SKILLS

Personal Training

Group Fitness Programming

Fitness Management

Customer Service

Team Leadership

Event Coordination

Fitness Assessments

Exercise Science