

PERSONAL TRAINER

from Resume Genius

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profile

Personal Trainer with 4+ years of health and wellness experience across multiple fitness centers. Possesses proven track record in helping clients achieve fitness goals through customized exercise programs and diet plans. Consistently improves fitness center revenue targets by developing new programs and retaining clients.

education

B.S. HEALTH EDUCATION
Michigan State University
East Lansing, MI / 2014

A.A. SOCIAL SCIENCE
Michigan State University
East Lansing, MI / 2012

key skills

First-Aid and CPR (Level C)



Certified ACE Group Exercise
Instructor



Organization And Prioritization



Problem Solving



Team Leadership



awards

BEST PERSONAL TRAINER / 2017
Planet Fitness

professional experience

PERSONAL TRAINER

Planet Fitness, Lansing, MI / 2016 - Present

- Assist 80 customers per month, with a track record of helping 70% of clients reach fitness goals within the first 6 months
- Design personalized programs and nutritional plans for clients for optimal results
- Provide exceptional customer service, securing 40% of new clients through referrals
- Check all gym equipment for proper use and functions, minimizing accidents or malfunctions

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Genesis Fitness Center, Lansing, MI / 2014 - 2016

- Taught Body Combat fitness classes to over 30 students per class
- Instructed clients on proper equipment use, as well as exercises to do at home
- Exceeded revenue targets by 20% within 3 months
- Co-developed new fitness programs with management, with successful implementation that increased sales revenue by 34%