

Robert Smith

Lead Fitness Assistant

CONTACT DETAILS

1737 Marshville Road,
Alabama
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PERSONAL STATEMENT

Dependable Professional with experience working in hands on customer service environment. Hard working, energetic, and reliable. Work well independently and as part of a team and committed to excellence in all projects involved. Pays close attention to details and instructions.

WORK EXPERIENCE

Lead Fitness Assistant

ABC Corporation - September 2007 - February 2008

Responsibilities:

- Demonstrated procedures common to the activities, conducts instructional classes and provides guidance and available literature to patrons.
- Assisted customers and communicates positively in a friendly manner.
- Took action to solve problems quickly, alerts the higher-level supervisor or proper point of contact for help when problems arise.
- Promptly reported any observed workplace hazards, and any injury, occupational illness, and/or property damage resulting from workplace mishaps to the immediate supervisor.
- Performed and accustomed to short periods of standing, walking, bending, crouching, reaching and leading exercise demonstrations.
- Answered telephones, managed emails, assisted students with information about the Fitness Center hours.
- Enforced rules and regulations of recreational facilities to maintain discipline and ensure safety in the Fitness Center.

Fitness Assistant

Delta Corporation - 2006 - 2007

Responsibilities:

- Provide a safe environment for participants. Clean and maintain the fitness center, Scan ID card for entry into facility, Develop knowledge of .
- at San Antonio Recreation and Wellness Enforced Campus Recreation weight room policy.
- Assisted Patrons with fitness activities Ensured a safe and clean workout experience for Patrons to use.
- Educate members with proper use of equipment and proper form of exercise, assist members of solving fitness needs and problems clean and maintain .
- Maintain a clean environment Assist students, staff, and faculty with work out regimen Attain leadership and team building skills.
- Assisted in group exercise sessions; directed participants of proper exercises to achieve optimal success from workouts Ensured clients successful .
- Implement and enforce policies in assigned areas Perform details and maintenance to cardio and weight machines Provide great customer

SKILLS

Microsoft Office, patient care, interpersonal communication, problem solving, exercise testing, fitness programming, natural leader, creative, passionate.

LANGUAGES

English (Native)
French (Professional)
Spanish (Professional)

INTERESTS

Climbing
Snowboarding
Cooking
Reading

REFERENCES

Reference - 1 (Company Name)
Reference - 2 (Company Name)