

Group Fitness Instructor CV Sample

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Professional Summary

Experienced group fitness instructor with the drive and knowledge and enthusiasm to apply the correct fitness techniques to help clients to achieve their goals. Specialist in the areas of person fitness and nutrition, able to analyse the fitness and health levels of different clients and help them to create and stick to specific training programmes. Enjoys inspiring other people to work for the progress they want to make.

Core Qualifications

Bachelor of Science: Exercise Science at London University – London, England

Professional Qualifications

- CPR, first aid and AED.
- Cross Fit Level 2 Instructor.
- Coach's Prep Certified.

Academic Qualifications

Bachelor of Science: Exercise Science at London University – London, England, 2008-2011 A levels: Physical Education (A) English (B) Science (B) Maths (B)

Key Skills

- Motivating a group to achieve their fitness goals.
- Group exercise leadership.
- Nutrition and diet advise.
- Exercise modification and injury prevention.

Work Experience

Group Fitness Instructor at Levels Gym, London – 2013-Present Day

- Designing fitness classes to suit the fitness levels of all participants.
- Providing advice on the best diets to follow for different clients.
- Motivating clients individually and as a group.
- Monitoring clients and providing advice on the best way to perform certain exercises.

Personal Fitness Trainer – London September 2009 – March 2013

- Designing personal training programmes for clients.
- Performing light first aid as and when needed.
- Instructing clients on the best workout methods for their goals.
- Helping clients to stick to a training schedule.
- Preparing equipment for workout sessions including music and fitness questionnaires.

References

References are available on request. This straight forward group fitness instructor CV sample is one of a multitude of different methods and materials that can be used to gain important insights into the exercise of CV writing. Job hunters who are searching for further direction should also take a look at the special tools as well as the CV builder that are available for use on this site.