

James Taylor

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Highly motivated personal trainer with over 12 years of experience in the fitness industry and a passion for helping clients. Experience working with adults and children of all ages. Advanced training in metabolic rates, weight loss and nutrition. Adept at creating a warm and welcoming environment where clients are encouraged to achieve their personal goals.

Education

Bachelor of Science in Kinesiology and Sports

The University of Orlando,
Orlando, FL
September 2004 - July 2008

Key Skills

- Nutrition counseling
- Group program development
- Organized and motivated
- Friendly and professional

Certifications

- First Aid and CPR

Professional Experience

Personal Trainer

Fun n Fit Gym, Orlando, FL | December 2014 - Present

- Create unique and interesting classes to attract clients to the gym
- Counsel clients on proper nutrition with a track record of 85% goal weight loss achieved
- Evaluate new members' needs and devise a fitness program to help them achieve their goals
- Lead one-on-one and group training sessions with clients of all ages, approximately 30 per week
- Show clients how to modify exercises to avoid further injury
- Track client progress and help them adapt their programs to continue reaching their goals

Personal Trainer

Creative Style Gym, Orlando, FL | August 2008 - November 2014

- Built a strong personal client base with over 95% repeat business
- Guided clients through personal training sessions that were adapted to their fitness level and any injuries they had
- Custom designed nutrition and workout programs that helped clients achieve significant weight-loss results