

JACQUES WHITE

8174 Blaise Bypass, Philadelphia, PA • +1 (555) 623 6126

WORK EXPERIENCE

HFC-HEALTH FITNESS ASSISTANT

09/2016 - PRESENT

Philadelphia, PA

- Current First Aid and CPR/AED certifications required within 30 days of hire
- Performs integral part in the group exercise attendance tracking and procedures
- Pass the American Red Cross Lifeguard training certification (prerequisite 300 yard swim, brick test) prior to start date
- Have a basic knowledge of contract obligations and client's needs
- Responsible for new member facility and equipment orientations, exercise prescription (design exercise program for members based upon member's goals), fitness testing, Health Profile biometric screening, individual health coaching, etc
- Performs facility maintenance responsibilities; ensures facility and equipment are clean and operational at all times
- Ensures HFC's vision of customer service is recognized at all times and contributes to an atmosphere that is pleasant, professional and welcoming for members/participants. Greets visitors by name whenever possible and interacts with members to ensure their needs are being met and questions are answered
- Interacts with members/participants to ensure that exercise programs are carried out in a safe manner. Provides positive reinforcement and encouragement to reinforce member's commitment to health improvement. Keeps conversations appropriate and professional
- Develops and recommends exercise programs; instructs participants on proper exercise techniques, use of fitness equipment and fitness concepts; and provides on-going education regarding safe fitness programs

HEALTH FITNESS ASSISTANT

02/2012 - 06/2016

New York, NY

- Offers Personal Training to clients outside of shift hours for paid commission
- Previous Personal Training experience required
- Completes enrollment procedures for new participants and conducts facility, program and equipment orientations
- Researches health & fitness educational topics and identifies appropriate member educational materials
- Performs facility maintenance responsibilities; ensures facility, equipment and locker rooms are clean. Ensures personal and facility appearance meet standards
- Industry recognized group exercise certification or personal training certification from ACE, AFAA, ACSM, NASM or NSCA) required
- Performs facility maintenance responsibilities; ensures facility and equipment are clean and stocked at all times. Ensures personal and facility appearance meet standards

EDUCATION

UNIVERSITY OF SIOUX FALLS

2007 - 2012

Bachelor's Degree in Exercise Science

PROFESSIONAL SKILLS

- Experienced in the latest trends and is actively participating in an active lifestyle
- Current First Aid and CPR/AED certifications required prior to start date
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- Assist in creating and maintaining bulletin boards, newsletters and other marketing and communication materials