

LADY MARSHALL

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Summary

Experienced Personal Trainer with eight years' experience conducting one-on-one training sessions in upscale fitness studios and gyms. Advanced training in metabolic testing, nutrition, and weight management consulting. Adept at creating a warm environment in which clients of all ages can successfully achieve health and wellness goals.

Highlights

- Fitness assessments
- Body Mass Index (BMI) knowledge
- Customer-oriented
- Equipment operation
- CPR and First Aid certified
- Senior fitness programming
- Weight management expert
- Understanding of human anatomy
- Skilled planner
- Program development

Experience

Personal Trainer

Mar 2009 to Current

Fit n Fun Gym — New Cityland, CA

- Guide clients in safe exercise, taking into account individualized physical limitations.
- Devise and announce new classes and distribute guest passes to market the club.
- Consistently attain facility targets, including revenue goals and member retention rates.
- Lead clients and occasional groups of all ages through personal workouts and skill development training.
- Administer fitness assessments, which include the seven point skin-fold body fat measurements, blood pressure, and treadmill tests.
- Counsel clients on proper nutrition and exercise habits.

Personal Trainer

Sep 2007 to Feb 2009

Ladies Fitness — New Cityland, CA

- Carefully evaluated member needs and assisted them in achieving personal fitness goals.
- Participated in club promotions to recruit new members and increase club sales.
- Taught clients how to modify exercises appropriately to avoid injury.
- Arrived on time, prepared and attentive for every training appointment.
- Demonstrated and explained fitness program benefits to members, resulting in a 25% increase in member participation in paid classes.

Personal Trainer

Jul 2005 to Aug 2007

Equitus Gym — New Cityland, CA

- Assisted in the operation of a clean, friendly, and well maintained health club.
- Recorded training sessions and maintained package rates for each client.
- Helped older adults with weight training by setting up equipment and providing instructions.
- Encouraged clients to engage in group fitness classes and other activities in the gym to meet fitness goals and improve overall wellbeing and health.
- Contributed to a 30% increase in sales for the personal training department.

Professional Courses and Certifications

Certified Personal Trainer, AFAA--2005-Present
Current CPR and First Aid Certifications