




PERSONAL TRAINER

Resume Genius

CONTACT

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EDUCATION

May 2016

B.S. in Health Education
Michigan State University –
East Lansing, MI

KEY SKILLS

First-Aid and CPR (Level C)



Certified ACE Group Exercise

Instructor



Spanish



Weight Training



Active Listening



PROFILE

Personal Trainer with 4+ years of health and wellness experience across multiple fitness centers. Possess a proven track record in helping clients achieve fitness goals through customized exercise programs and diet plans. Consistently improves fitness center revenue targets by developing new programs and retaining clients.

PROFESSIONAL EXPERIENCE

September 2020 – Present

Personal Trainer

Planet Fitness / Charleston, SC

- Train with 80 customers each month, with 70% of clients reaching fitness goals within 6 months
- Design personalized programs and nutritional plans for clients to achieve optimal results
- Provide exceptional customer service, securing 40% of new clients through referrals
- Check all gym equipment for proper use and functions, minimizing accidents or malfunctions

June 2017 – August 2020

Personal Trainer

Genesis Fitness Center / Charleston, SC

- Taught body combat fitness classes to over 30 students per class
- Instructed clients in safe equipment use and proper technique, protecting clients and preventing injury
- Contributed to the center exceeding revenue targets by 20% over a 6 month period
- Co-developed new fitness programs with management, with successful implementation that increased sales revenue by 34%