

# PAULINE I. WINSLOW

HEALTH FITNESS SPECIALIST



## CONTACT

3376 Reppert Coal Road  
Livonia, MI 48150

(586) 873-8122

pauline@stunmail.com

## OBJECTIVE

Inspiring Health Fitness  
Specialist seeking career  
with a seasoned company  
looking for loyal employees  
dedicated to the job.

## EDUCATION

**Bachelor's Degree in  
Kinesiology, 2012**

Bard College, Annandale-  
on-Hudson, NY

## RELATED SKILLS

- Strong experience in fitness assessments.
- Familiarity with teaching group exercise.
- Familiarity with Group Exercise Leadership and additional industry certifications.
- Outstanding knowledge of instruction of group exercise classes.
- Exceptional knowledge of contract obligations and client's needs.
- Deep knowledge of site specific emergency response plans.
- Huge knowledge of performing administrative tasks associated with facility operations.
- Proficient in the delivery of Health Fitness and site-specific programs and services.
- Proficient in Excel, PowerPoint, Word, data entry, etc.
- Extreme ability to teach group exercise classes and instruction on exercise floor
- Immense ability to effectively organize and prioritize work demands.
- Remarkable ability to work effectively both independently and as part of a team with enthusiasm, initiative and creativity.

## EXPERTISE



Communication



Fitness



Exercise