

## Experience

**Fitness Specialist – Nienow Inc, Boston, MA**

06/2018 – Present

- Push and/or lift up to 75# (dumbbells)
- Personal Training of members - spotting of free weights
- Vacuum and mop floors PRN
- Clean Exercise Equipment
- Proper mechanics for lifting
- Move cardiovascular exercise equipment when cleaning floors
- Experience in incident management, reporting, response and mitigation
- Proficiency in risk assessments and assessing physical security posture of facilities/locations
- Effective and successful leading multiple projects at a time
- The highest levels of integrity and attention to detail

**Fitness Specialist – Mertz-Kulas, Boston, MA**

10/2011 – 01/2018

- Excellent at cultivating and maintaining relationships both internally and externally to keep abreast of industry standards and evolution
- Established skills in facilitating training presentations and delivering guidance
- Physical Security experience in television/film production/content protection
- Background in working at a network or studio with executives, producers, talent representatives, security vendors, casts and creative teams
- Experience assessing/auditing for confidentiality and security of pre-production creative process, on-location production security, and/or events
- Strong vendor management background
- Develops new education designed to assist the Cardiac rehabilitation patient with controllable risk factor management

## Education

**Baylor University – Bachelor's in Exercise Science**

## Skills

- Shifts during site operational hours of Monday - Friday 6:30 AM - 6:30 PM
- Part-time hours as needed
- Facility is open 7 days a week
- Teach new and innovative group exercise classes both in-person and through video streaming
- Must be available for early morning and/or evening shifts
- Bachelor's Degree in health/fitness related field
- Work on call as needed
- Shifts in the operational hours of 9:30 AM - 5:30 PM
- Bachelor's Degree in Exercise Science or related field
- Site operating hours are Monday - Friday; 7:00 AM - 6:00 PM
- Early morning and evening shifts available as needed