

Fitness Specialist

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Objective

As an experienced Law Enforcement professional, Utilize my experience and knowledge by helping maintain the highest levels of order in my community.

Skills

Interpersonal Skills, Team Oriented, Customer Service, Fluent In Spanish, Anatomy And Physiology, Personal Training, Corrective Exercise, Weight Loss, Group Exercise.

Work Experience

Fitness Specialist

ABC Corporation - 1995 - 2001

- Performed force protection duties, including the use of deadly force to protect personnel and resources.
- Performed individual and team patrol movements, both mounted and dismounted, tactical drills, battle procedures, convoys, and other military operations.
- Applied self-aid buddy care, life-saving procedures including CPR as the first responder to accident and disaster scenes.
- Provided education, training, and technical support to encourage physical activity.
- Promoted and marketed health promotion programs to the Air Force community.
- Administered health screenings and fitness assessments.
- Monitored exercise prescriptions, progressive individual fitness programs, and proper exercise techniques.

Fitness Specialist

City Of Liberty - 1991 - 1995

- Assists the Fitness Supervisor to ensure that the community center delivers a high quality fitness experience to all members.
- Trained and developed a solid team of Personal Trainers, Group Fitness Instructors and Floor Staff Attendants.
- Engaged with members and encouraged their involvement in our fitness programs.
- Ensured accurate administration of personal training, including the preparation of client files, measurement tracking, and workout programs.
- Assists with the development and implementation of restructuring fitness department.
- Communicated pertinent information to the Fitness Team Assisted the Fitness Supervisor in training and developing new fitness staff. Helped member service matters such as providing fitness floor orientations, explaining services offered by the Fitness Department and signing a member up for training agreements and appointments.
- Performed various administrative duties within assigned areas as needed..

Education