

Carolyn Emmerich

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EXPERIENCE

ON CALL FITNESS SPECIALIST

San Francisco, CA

01/2016 – present

- Assist with developing and implementing creative incentive and health promotion programs
- Develop safe and effective exercise programs; provide general supervision
- Assist with facility maintenance/repair/improvements
- Interact with client and members; establish mutually beneficial relationships
- Assist members with reaching their personal training goals
- Good working knowledge of computers: Word, Excel, PowerPoint, Publisher
- Administer fitness assessments; provide results counseling

REGIONAL FITNESS SPECIALIST

Chicago, IL

09/2011 – 08/2015

- Opportunity to work and interact with members at multiple site locations
- Floor supervision and equipment maintenance
- Participate in and gain exposure to a wide variety of fitness center operations
- Teach new and innovative group exercise classes
- Group Exercise class instruction
- Health consultations and equipment orientations
- Facility program planning

FITNESS SPECIALIST

New York, NY

07/2008 – 03/2011

- Develop fitness classes which are designed to develop and promote positive fitness levels for a senior population
- Create monthly fitness newsletter; provide content for webpage updates
- Assists with the development and instruction of group exercise classes
- Assist with and implement incentive programs
- Promote and assist with reaching the personal training goals
- Administer fitness assessments; providing results counseling
- Assist with daily operations of fitness center, membership recruitment, administrative duties, event coordination, program and budget planning and reporting

EDUCATION

IOWA STATE UNIVERSITY

Bachelor's Degree in Exercise Science

SKILLS

- Good working knowledge of computers: Word, Excel, PowerPoint, Publisher, and Access
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- Ability to communicate clearly with both written and verbal communication
- Personable; positive attitude
- Knowledge of seniors,
- Strong interpersonal, communication skills
- Demonstrated ability to educate, coach and motivate individuals toward achieving fitness goals
- Excellent communication, organizational, and interpersonal skills
- Possess the ability to deal with ambiguity