

# Krystyna Sawayn

460 Venice Flat, San Francisco, CA ◆ Phone: +1 (555) 616 2320

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**EXPERIENCE**  
03/2020 – present

**KOVACEK-KEEBLER**  
***Health Fitness Specialist***

Dallas, TX

- Current CPR/AED certification from American Heart Association, American Red Cross or American Safety & Health Institute
- Staff a fitness center in corporate, commercial, and community settings
- Perform fitness assessments and equipment orientations
- Provide exercise prescriptions
- Maintain the fitness center equipment
- Assist with managing the group fitness schedules
- Participate in and Staff for Health Fairs
- Implementation and data reporting of wellness programs
- Create and implement incentive programs
- Present on various health and wellness topics
- Track and report results data
- 6 AM - 2 PM or 10 AM - 6 PM, rotating schedule

02/2014 – 12/2019

**BOGAN INC**  
***Health Fitness Specialist***

Dallas, TX

- Supervise the floor to build member relationships and monitor safety
- Conduct health assessments, one on one exercise programming (personal training) and provide education to clients
- Administrative duties such as managing PHI and payments for personal training
- Open/close facility and maintain safety and cleanliness of the facility
- Personal Training industry certification (ACE, AFAA, ACSM, NSCA, NASM) preferred, but will be required within first 90 days of employment
- Industry recognized Group Exercise Instructor certification preferred, but will be required within first 90 days of employment
- Alternating shifts 5:15 AM-1:15 PM or 11AM-7PM
- Position is currently virtual but will transition onsite once site reopens
- Monday through Friday from either 8:00am-4:00pm, 9:00am-5:00pm, or 10:00am-6:00pm
- This is a virtual position that would transition to onsite

**EDUCATION**

**UNIVERSITY OF MISSOURI-COLUMBIA**

**Bachelor's in Exercise Science**

**SKILLS**

- Candidate must be available for early morning, evening and weekend shifts
- Bachelors degree in any field required. Bachelors degree in health and fitness related field
- 7:00am - 3:00pm shift or 10:00am - 6:00pm shift
- Bachelor's Degree in Exercise Science
- Current First Aid/CPR/AED (American Red Cross or American Heart Association)
- Flexible schedule including early morning and evening shifts
- Personal Training certification from ACE, ACSM, AFAA, NSCA or NASM (required within 60 days of hire)
- Open/close the facility and maintain safety and cleanliness of the fitness center
- Supervise the fitness floor to build member relationships and monitor safety
- Rotating shifts in the hours of 6:30 AM - 6:30 PM
- Varied 8 Hour Shifts
- Required Availability