

Robert Smith

Fitness Specialist III

CONTACT DETAILS

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PERSONAL STATEMENT

Extensive experience in the wellness and fitness industry and sales, I would be a great asset to any company seeking a sales representative in health and wellness industries. Currently an independent fitness business owner and have successfully marketed individual and corporate fitness programs.

SKILLS

Word, Email, Social
Media.

WORK EXPERIENCE

Fitness Specialist III

Centaur Wellness - January 2003 - 2019

Responsibilities:

- Facilitate corporate and individual fitness programs.
- Train staff on fitness industry updates and coaches personal trainers on professional conduct.
- Provide consultation to corporations on the set-up of superior, cutting edge fitness facilities.
- Counsel clients on proper nutrition and exercise habits.
- Provide clients and groups of all ages through personal workout, strength and conditioning, and speed and agility training.
- Established a long-term cooperative fitness contract with national company Effectively marketed fitness services Demonstrated extensive knowledge of fitness and wellness equipment and products Provided flexible scheduling for clients.
- Built a wellness culture in company Skills Used Superior communication skills Enthusiastic and energetic Savvy negotiating.

LANGUAGES

English (Native)
French (Professional)
Spanish (Professional)

INTERESTS

Climbing
Snowboarding
Cooking
Reading

REFERENCES

Reference - 1 (Company Name)
Reference - 2 (Company Name)

Fitness Specialist

ABC Corporation - 1999 - 2003

Responsibilities:

- Maintain client profile with workout history, progress in measurements, account balance.
- Maintain cleanliness of gym and maintain equipment.
- Maintain client/member relationships.
- Maintained and applied safety and occupational health laws, regulations, principles, theories, practices, and/or procedure.
- Maintain client health history files and exercise progressions.
- Analyze session with client to solve and pinpoint performance issues and opportunities to correct.
- Attend bimonthly business meetings to discuss business progression and trouble areas for self and location.

Education

Post Graduate Studies in Exercise Physiology - 1980(Lamar University - Beaumont, TX)