

ROBERT SMITH

Health Fitness Specialist I

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Over five years of professional experience in the fitness/wellness industry. In addition, Supervised both personal trainers as well as group fitness instructors. Helped design, implement and supervise a personal training program.

OCTOBER 2013 - AUGUST 2014

HEALTH FITNESS SPECIALIST I - ABC CORPORATION

- Interacts with participants and monitors equipment and participant safety.
- Provides individual and group exercise instruction; educates participants on proper techniques to maximize exercise safety and effectiveness.
- Conducts fitness testing and assessments and advises participants of results; designs individualized programs to meet the members interests, abilities and goals.
- Assists with the development and/or delivery of a variety of HealthFitness and program-specific health improvement programs & promotions.
- Participates in membership drives to acquire new members; enrolls new participants and conducts facility, program and equipment orientations.
- Promotes program offerings and conducts outreach activities to increase participation and re-engage inactive members.
- Creates and maintains bulletin boards, newsletters and other marketing & communication materials.

2010 - 2013

HEALTH FITNESS SPECIALIST - ABC CORPORATION

- Austin, TX Promotion of Membership Services, Facility Tours Membership Sales, New Member Safety Orientations Pricing options and packages available for Personal Training Sessions Provide Excellent Customer Service which is necessary for membership growth and retention.
- Generate Monthly Reports of the percent of active members for different Tenants within building.
- (Some companies require a certain percent of their employees to be members of the Fitness Facility for them to be reimbursed by their company.)-Corporate Pricing Packages Administer Fitness Assessments (Height, Weight, Blood Pressure, Resting Heart Rate, Girth Measurements, Jackson/Pollock 7 Site Caliper Assessment, BMI, Partial Curl Up Test, Push Up Test, Flexibility Test, Cooper Test).
- Design Personalized Exercise Programs (PEPs) specific to individuals S.M.A.R.T Goals.
- Instruct safe Group Exercise classes with modifications.
- This is Dummy Description data, Replace with job description relevant to your current role.