

NORMAND SHANAHAN

6313 LIEN COURTS, CHICAGO, IL

PHONE

+1 (555) 508 6091

EXPERIENCE

KUVALIS, ARMSTRONG AND SPENCER

10/2019 – present

Houston, TX // *Health Fitness Assistant*

- Current First Aid and CPR/AED certifications from American Heart Association, American Red Cross or American Safety & Health Institute
- Cash handling experience
- Interacts with participants and monitors equipment and participant safety
- Performs facility maintenance responsibilities; ensures facility, equipment and locker rooms are clean and stocked at all times. Ensures personal and facility appearance meet standards
- Promotes program offerings and conducts outreach activities to increase participation and re-engage inactive members

GERHOLD INC

11/2012 – 07/2019

Houston, TX // *Health Fitness Assistant*

- Personal Training certification from ACE, ACSM, AFAA, NSCA or NASM
- Applicants must meet hiring requirements including but not limited to pre-employment drug test
- Emergency/Sick Time Off
- Health, Dental,
- Working knowledge of computers; Word, Excel and PowerPoint
- Must be available for early morning and evening shifts
- Bachelor's Degree in Exercise Science or related field
- 401K / Profit Sharing
- Teach multiple group exercise formats

EDUCATION

LIM COLLEGE

Bachelor's in Exercise Science

SKILLS

- Provides individual and group exercise instruction; educates participants on accurate techniques to maximize exercise safety and efficiency
- Assists in crafting and maintaining bulletin boards, newsletters and other marketing & communication materials
- Strong interpersonal communication and customer service skills including the ability to empower others
- Effectively coordinate and prioritize work demands
- Work effectively both independently and as part of a team with passion, initiative and creativity
- Rotating shifts between the hours of 6:30 AM - 6:30 PM