

# ROBERT SMITH

## Asst. Fitness Assistant

[info@qwikresume.com](mailto:info@qwikresume.com) | [LinkedIn Profile](#) | [Qwikresume.com](#)

A dedicated team player who works to get the job at hand done in timely and professional manner that makes job team and self proud. take pride in work and do best to make sure guests, customers and co workers are happy. work well under pressure and stress. strive for greatness and giving up is never an option.

## EXPERIENCE

### Asst. Fitness Assistant

#### ABC Corporation - OCTOBER 2009 - JUNE 2013

- Checked the clients in and out and put data into the computer everyday and made monthly reports showing our success and progress.
- Ran the front end of the fitness center from open to close.
- Contributed to the operation of a clean, friendly and well maintained health club.
- Encouraged clients to engage in group fitness classes and other activities in the gym to meet fitness goals.
- Arrived on time, prepared and attentive for every training appointment.
- Participated in club promotions to recruit new members and increase club sales.
- Re-racked weights to maintain a neat, organized and clean club.

### Fitness Assistant

#### Delta Corporation - 2007 - 2009

- CPR/AED, First Aid Certified) Supervised over 150 patrons at various times throughout shifts Suggested exercise modifications to individual patrons.
- Assist Fitness Director in program development and implementation, as well as overall operations of the Fitness Department.
- Also assist front desk staff in handling problems, taking phone calls and customer services.
- Fitness Specialist Duties Fitness assessments (body composition, health needs), supervision of fitness floor, youth soccer coach, equipment.
- Cleaned and organized gym and equipment Assisted people with equipment and gave advice/trained Answered phones Sold gym items Accomplishments.
- Cash register operations entering payments of cash, checks, or credit Computer functions such as entering new memberships and logging payments.
- Am to assist patrons with their questions about our facility.