



# HERMAN WALTON

Fitness Instructor

## DETAILS

24 Mellville Road, Ridgewood, NJ 07450, United States

[hw\\_xs\\_alton@fitforlife.com](mailto:hw_xs_alton@fitforlife.com)

(201) 332-7614

## PROFILE

Motivated and exuberant Fitness Instructor with experience in versatile fitness settings. Passionate for developing fitness programs for clients, and helping them to transform their lives through the power of exercise and nutrition. Skilled in aerobics, yoga, strength training, pilates, and cycling. Performance driven, dynamic leader with a proven track record of accomplishments in the development of fitness initiatives.

## EMPLOYMENT HISTORY

### Fitness Instructor, The Gym, Hackensack

SEPTEMBER 2015 – AUGUST 2019

- Guided clients in safe exercise practices.
- Identified any physical limitations of clients, and created fitting plans.
- Served as an encouraging supporter by giving clients the tools necessary to change their physical, mental, and emotional well-being.
- Performed in-depth fitness assessments before creating individual fitness plans.
- Led group fitness classes, as well as one-on-one training sessions.
- Advised clients about nutrition and dieting.

### Personal Fitness Trainer, The Core, Ridgewood

JULY 2013 – AUGUST 2015

- Taught over twenty different types of fitness classes based on client interest.
- Served as a trainer for Senior Citizen gym members.
- Completed individual fitness assessments.
- Collaborated with club owners to introduce new and exciting fitness classes.

### Administrative Assisant, The Core

MAY 2012 – JUNE 2013

- Planned and executed promotions to bring in new clients, resulting in a 10% client increase within the first 6 months of my employment.
- Became familiar with gym layout, machinery, and other personnel.
- Maintained a clean and organized front desk area.

## EDUCATION

Bachelor of Science in Exercise Science, Rutgers University, Newark