

ROBERT SMITH

Fitness Assistant I

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SUMMARY

Earned BA degree from Rutgers University in 3.5 years while financing own education. Currently employed as a Junior Engineer for a Computer Networking Integrator where have been assigned increasing levels of responsibility. a highly motivated, analytical, customer eccentric professional with a track record of achieving superior performance versus targeted benchmarks.

CORE COMPETENCIES

Data Entry, Great Team Player, Excellent Communication, Proficient With Adobe Creative Suite, Microsoft Office.

PROFESSIONAL EXPERIENCE

Fitness Assistant I

ABC Corporation - November 2011 – May 2013

Key Deliverables:

- Provided quality leadership in fitness.
- Stayed up to date on fitness trends and techniques.
- Assessed, planned, implemented, and evaluated clients.
- Provided customer service at this job by assisting patrons with equipment checkout, knowledge of how to use the equipment, and occasionally spotting patrons while they were doing strenuous exercises.
- Additionally also had the chance to work special events had at the Student Recreation Center.
- Had the opportunity to help in the planning process of the Spartan fitness competition and Spartan boot camp.
- Assisted customers with workout equipment.

Fitness Assistant

Delta Corporation - 2006 – 2011

Key Deliverables:

- Some of those events were Zumbathons, 5K run/walk, Spartan fitness competition, Spartan bench press competition, and Spartan boot camp.
- Performed necessary maintenance on equipment.
- In the Spartan boot camp I taught and ran the class which consisted of six patrons for six weeks every Monday and Wednesday.
- Conducts fitness classes based on customer demand, provide/assists in classes such as proper exercise techniques, proper use of equipment to prevent injuries, safety measures, aerobics, stretching, heart and blood pressure monitoring, nutrition, and weight management.