

Robert Smith

Fitness Instructor/Childcare Instructor

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SUMMARY

Energetic, Fitness and Health Coordinator; I am an accomplished Fitness Instructor with a talent for encouraging participants through enthusiasm and love for the community. I enjoy working with participants at all fitness levels and promoting a healthy life style. I have many years of experience working with diabetes prevention and strongly believe health is a conscious lifestyle choice, necessary for longevity and happiness.

SKILLS

Event Planning, Public Speaking, Recruitment, Training.

WORK EXPERIENCE

Fitness Instructor/Childcare Instructor

ABC Corporation - March 2011 - March 2016

- Explained exercise modifications and contraindicated movements to participants with a history of injury.
- Cultivated positive relationships with participants by interacting with them during group fitness classes.
- Created and coordinated running/walking activities such as Team Awesome community wellness for different runs around the community.
- Perform individual assessments and modify activities to meet individual goals and limitations.
- Developed safe and effective exercise programs for all members.
- Assessed individual progress and suggested appropriate changes.
- Recruit and sustains a high volume of students in each class every month.

FITNESS INSTRUCTOR

ABC Corporation - 2007 - 2011

- 5/99-02 JAZZERCISE SANTA FE COMMUNITY COLLEGE CLUB AT LAS CAMPANAS POJOAQUE WELLNESS CENTER FITNESS PLUS WOMANS FITNESS CLUB Develop and Implement classes to be taught by me at club.
- Develop and choreograph a variety of safe, effective, fun routines,
- Conduct student fitness profiles.
- Counsel students on fitness.
- Lead classes.
- Motivate.
- SANTA FE COMMUNITY COLLEGE 6401 Richards Avenue Santa Fe, New Mexico 87501 (505) 471-8200.

EDUCATION

Bachelors in Environmental Science - (Northwest Indian College - Bellingham, WA)