

Fitness Instructor

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Address: 1737 Marshville Road,
Alabama.

Objective

Experienced administrative, customer service, and healthcare professional with over three years of experience in multiple departments at a five star Medicare rated and also rated one of the best nursing facilities in America, skilled nursing facility. Skills include scheduling, inventory management, health insurance navigation, and data entry.

Skills

Customer Service, Inventory Management, Interpersonal Communication.

Work Experience

Fitness Instructor

ABC Corporation - March 2004 - December 2005

- Developed and implemented group general fitness, weight loss, and sports-specific exercise programs for clients with a broad range of fitness levels and goals.
- Increased class attendance to the maximum limit (25 per class).
- Instructed Physical Education classes for credit by creating a syllabus each semester and executing each goal as required.
- Member Services Representative Assisted with handling calls, data entry, and processing of membership files.
- Registered patrons for memberships, locker rentals, daily passes, and Fitness and Aquatic programs.
- Health Fitness Specialist Assisted with scheduling of activities and events for the fitness center.
- Maintained facility equipment according to all safety and infection control policies.

Fitness Instructor

ABC Corporation - 1999 - 2004

- Cultivated positive relationships with participants by interacting with them during group fitness classes.
- Promoted fitness center programs such as the youth and adult swim team programs.
- Explained exercise modifications and contraindicated movements to participants with a history of injury.
- Consistently met daily class attendance goals.
- Explained the use of exercise equipment to all participants, prioritizing safety at all times.
- Greeted all members in a professional and friendly manner.
- Immediately reported any damaged or broken equipment..

Education

education - (Healthcare Academy required - Cambridge, MA)