

## Experience

**Health Fitness Specialist – Kunde, Daugherty and Corwin, New York, NY**

02/2020 – Present

- Saturdays 9:00am - 6:00p ~ once monthly
- Monday - Friday either 6-2pm or 11-7pm
- Close facility and maintain safety and cleanliness of the workspace
- Various shifts between 5:30am-7:30pm
- Position will start as remote then transition to onsite/in person
- Bachelor's Degree in any field; Bachelor's Degree in Exercise Science or related field strongly
- 8 hour rotating shifts within the operational hours
- Hours of operations are 5am to 9pm Monday - Friday
- Rotating shifts during the operational hours of 6:00 AM - 8:00 PM
- Weekend shifts
- Bachelor's Degree in Exercise Science or related field

**Health Fitness Specialist – Hagenes-Watsica, New York, NY**

10/2014 – 08/2019

- Alternating shifts between the operating hours of 5 AM - 8 PM
- Shift for Position: 11:30am-7:30pm
- Fitness Center Hours of Operation are Monday through Friday 5:30am-7:30pm
- Monday-Friday (7:00am-3:00pm or 11:00am-7:00pm)
- Assists in the development of Injury & Prevention and Physical Abilities programs
- Conduct fitness assessments
- Administrative duties such as managing PHI and payments for personal training or other services and maintain facility communication boards.
- Experience instructing group exercise classes (boot camp, HITT, spin, kickboxing, zumba, yoga, etc.)
- Current CPR/AED and First Aid certifications from American Heart Association, American Red Cross or American Safety & Health Institute (required within 30 days of hire)

## Education

**Fashion Institute of Design & Merchandising – Bachelor's in Exercise Science**

## Skills

- Rotating 8 hour shift between the operational ours of 5 AM - 8 PM
- Rotating weeks onsite and virtual programing
- Onsite hours currently 6 AM - 3 PM, Monday - Friday
- Once site is full time in person, shift hours will be 12 PM - 8 PM, Monday - Friday
- ACE, AFAA, ACSM, NASM, or NSCA certification
- Rotating shifts based off operational hours of 6:30 AM - 6:30 PM
- Shifts rotate between 5:00 AM - 1 PM and 12 PM - 8 PM
- Work independently at site, while still being a strong member of the team
- 8 hour shifts 5 days a week during site operational hours
- ACE, AFAA, ACSM, NASM, or NSCA certification required if degree is not in Exercise Science or related field