

Alexea Fergueson

Fitness Coach

Profile

Dedicated Fitness Coach with 1 year of experience in helping clients achieve their health and wellness goals. Adept at designing and implementing customized workout plans, providing expert guidance on proper exercise techniques, and offering motivational support. Strong background in exercise science coupled with a passion for promoting healthy lifestyles. Committed to delivering excellent client service and ensuring a positive, results-driven environment.

Employment History

Head Fitness Coach at Onyx Fitness & Wellness, AL

Feb 2023 - Present

- Implemented a personalized training program for over 200 clients, resulting in a 30% increase in client retention and a 25% boost in gym membership sales within the first year.
- Developed and led a successful weight loss challenge that engaged over 100 participants, with an average weight loss of 10 pounds per person, and increased overall gym engagement by 20%.
- Conducted monthly workshops and seminars on various fitness and wellness topics, attracting over 50 attendees per session and contributing to a 15% increase in personal training revenue.
- Collaborated with local businesses to establish mutually beneficial partnerships, resulting in a 10% increase in corporate memberships and a 5% increase in gym revenue.

Assistant Fitness Coach at Strong Inc., AL

Jul 2022 - Dec 2022

- Successfully increased client retention rate by 25% within the first six months of employment through personalized coaching sessions and effective communication at Strong Inc., AL.
- Developed and implemented a new group fitness class which attracted over 50 participants per session, resulting in a 20% increase in overall group class attendance.
- Conducted comprehensive fitness assessments for over 100 clients, providing them with tailored workout plans and nutritional guidance that led to an average weight loss of 15 pounds per client within three months.
- Collaborated with the marketing team to create engaging social media content, resulting in a 30% increase in online engagement and a 10% increase in new client sign-ups.

Certificates

Certified Strength and Conditioning Specialist (CSCS)

Feb 2022

American Council on Exercise Certified Personal Trainer (ACE-CPT)

May 2020

 alexeaferguson@gmail.com

 (680) 463-9113

 123 Magnolia St, Birmingham, AL 35209

Education

Certified Personal Trainer Diploma at Alabama Fitness Academy, Birmingham, AL

Aug 2017 - May 2022

Relevant Coursework: Anatomy and Physiology, Exercise Science, Biomechanics, Nutrition, Fitness Assessment, Program Design, Strength and Conditioning, Functional Training, Special Populations, Injury Prevention, and Business Skills.

Links

[linkedin.com/in/alexeaferguson](https://www.linkedin.com/in/alexeaferguson)

Skills

Motivation

Nutrition knowledge

Exercise programming

Injury prevention

Flexibility training

Strength conditioning

Cardiovascular coaching

Languages

English

Dutch