

BRENDA HAWKINS

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Summary

Energetic Group Fitness Instructor and Personal Trainer with strong background in Pilates, yoga, weights, running, and dance instruction. Highly motivated to help others reach their health and fitness goals. Promotes activities and coping methods that transform unhealthy habits and fuel healthy minds and bodies.

Highlights

- Nutrition supplement familiarity
- Weight management expert
- Former gymnast
- Personal program development
- Individual life and body assessments
- Pilates and Yoga instructor
- Dance classes
- Weight training
- Fitness equipment expertise
- Personable and friendly

Experience

Fitness Instructor

06/2010 to Current

Academy Fitness

New Cityland, CA

- Design each class to match the skill and learning levels of all participants.
- Prepare teaching area for each class and returned all equipment to storage at the end of class.
- Track class attendance and monitor class size to gauge the effectiveness of promotions.
- Promote club programs, products, and services to participants.
- Record class numbers at the conclusion of each class.
- Collaborate with club owners to introduce new fitness classes.
- Maintain peak physical condition to better serve and motivate clients.
- Work with a handful of clients directly to develop personal fitness goals.
- Lead early morning motivational runs as a bonus to dedicated clients.

Fitness Instructor and Personal Trainer

10/2006 to 05/2010

Multiple Gym and Personal Clients

New Cityland, CA

- Worked one-on-one with clients to help modify exercises for maximum benefit and safety.
- Set up equipment, tested microphone, and selected music prior to each class.
- Cleaned and organized studio after each group fitness class.
- Developed individualized instruction plans including cardio and weight training.
- Conducted orientations for new members via FitLinxx.
- Explained ways to measure exercise intensity for the best results.
- Completed individual comprehensive fitness assessments.
- Helped clients of all ages and fitness levels improve health and wellbeing.
- Personally brought in over 40% of club's personal fitness revenue.

Certifications

ACSM health and fitness instructor
Certified ACE Group Fitness Instructor
Certified Group Exercise Instructor, AFAA
Certified Personal Trainer, AFAA
CPR and First-Aid Certifications