

Experience

Health Fitness Professional – Osinski Group, *Detroit, MI*

06/2020 – Present

- Provides personal training to members
- Minimum 2+ years related industry experience required, previous program coordination experience
- Industry recognized group exercise certification required within 4 months of starting
- Recognized industry certification (ACE, AFAA, ACSM, NSCA or NASM) in Personal Training required within 4 months of starting
- Instruct/train both in-person and virtually
- Industry recognized Primary Group Exercise certification from ACE, AFAA, NASM or NETA (required within 90 days of hire)
- Personal Training certification from ACE, AFAA, ACSM, NSCA or NASM (required within 90 days of hire)
- Experience instructing group exercise classes (in one or more of the following: spin, kickboxing, zumba, yoga, pilates)

Health Fitness Professional – Wiza, Quitzon and Koss, *Detroit, MI*

04/2013 – 12/2019

- Collaborate and contribute within a large team focusing on virtual/onsite programming for multiple locations
- Industry recognized group exercise instructor certification from ACE, AFAA, ACSM or NETA
- Industry recognized group exercise instructor certification ACE, AFAA, ACSM or NETA
- Supervises facility; interacts with participants and monitors equipment and participant safety. Provides individual and group exercise instruction; educates participants on proper techniques to maximize exercise safety and effectiveness
- Projects and other duties are assigned
- Bachelor's Degree in Exercise Science, Health Promotion, Kinesiology or other health related degree
- Industry recognized Group Exercise Certification (required within 90 days of hire date)

Education

Oregon State University – Bachelor's in Exercise Science

Skills

- Industry recognized Group Exercise certification preferred (will be required to obtain within 90 days of hire)
- Personal Training certification from ACE, AFAA, ACSM, NSCA or NASM preferred (will be required to obtain within 90 days of hire)
- Bachelor's Degree in Exercise Science, Health Promotion, Kinesiology or related discipline required; 1-2 years related experience or equivalent combination of education and experience
- Provides virtual and in-person individual and group exercise instruction; educates participants on proper techniques to maximize exercise safety and effectiveness
- Conducts virtual and in-person fitness testing and assessments and advises participants of results; designs individualized programs to meet the participant's interests, abilities and goals