

MATHEW PARRY

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FITNESS INSTRUCTOR

Result-driven and dedicated Fitness Instructor with a demonstrated history of working in the health wellness and fitness industry with a passion for helping clients to reach their goals. Possess over five years of experience in fitness instruction and personal training with the focus on strengthening programs. Proficient in assisting the customers of different ages with the implementation of fitness techniques in compliance with the club's policies, procedures, and standards. Strive to update the existing weekly and monthly practice plans, as well as develop new ones, in order to fulfill all customers' requests and reach a higher level of customer satisfaction.

CORE SKILLS AND COMPETENCIES

- Fitness
- Fitness Instruction
- Personal Training
- Strength Training
- Sports Nutrition
- Wellness Coaching
- Scheduling
- Communication
- Supervision
- Customer Service
- Customer Relations
- Leadership
- Organizational Skills
- Attention to Detail

WORK EXPERIENCE

Group Fitness Instructor

2015-Present

LA Fitness, Atlanta, GA

Serve as a Group Fitness Instructor who leads effective exercise programs for all skills levels at various aspects, including but not limited to cardiovascular, strength, and flexibility, with making sure that clients feel good during practice.

- Contributed to the increase of customer satisfaction and service excellence by 30% while always demonstrating my knowledge of the standards of performance, as well as using an individual approach.
- Oversee the club environment in the frames of developing attitudes of health and well-being of staff through special sport and recreation programs.
- Ensure that all the equipment required for classes is in good condition, set up, and put away after each class.
- Substitute instructors upon absence from class and provide assistance in training if needed.

Group Fitness Instructor

2013-2015

Club Metro USA, Phillipsburg, NJ

Led 15 scheduled group exercise classes weekly with extensive attention to the participants' strengths and weaknesses in order to provide the most efficient fitness instructions aimed to enhance their health.

- Provided professional and effective class instructions while striving to motivate all participants, as well as provided feedback and advice for further development on demand.
- Participated in monthly fitness center staff meetings, as well as regularly attended fitness education seminars and workshops in order to improve competence.
- Maintained the general appearance of the fitness studio and ensured that the equipment is not damaged, as well as requested to change or fix the broken one.

EDUCATION

Bachelor of Science in Leadership and Management

2008-2012

New York University, School of Business, New York, NY

CERTIFICATION

NASM Personal Training
ACE Group Fitness Instructor