

Robert Smith

Volunteer Group Fitness Instructor

CONTACT DETAILS

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PERSONAL STATEMENT

To obtain a full-time position within an organization where I can make a positive impact on people's lives, and experience long term career growth.

WORK EXPERIENCE

Volunteer Group Fitness Instructor

ABC Corporation - January 2013 - August 2014

Responsibilities:

- Provide a variety of wellness programs for seniors, while maintaining a safe environment.
- Instruct fitness classes on land and in the water for all levels of senior living including independent, assisted and care center residents.
- Evaluate and assess with residents their abilities and goals to provide a safe environment to exercise.
- Responsible for all marketing and tours of the wellness area.
- Oversee engineering staff and contract companies for the maintenance of all equipment and pool monitoring.
- Work with Regional Wellness Director to create and execute fitness initiatives and programs to keep interest and participation high.
- Provide administrative and accounting support to Care Center.

Fitness Instructor

ABC Corporation - 2008 - 2013

Responsibilities:

- Fall 2013 Maintained an enthusiastic attitude towards the participants.
- Carefully directed the participants throughout the course.
- Exercise Stress Testing Course- Spring 2013 Can perform a Vo2 submaximal cycle ergometer test.
- Can thoroughly perform blood pressures and body composition tests.
- Supervision of Brophy Fitness room and Personal Training- Fall 2013 Personal trained and assisted client to reach fitness goals.
- Designed workout programs that fit my clients goals.
- Provided pre- and post-health screening evaluations.

Education

Bachelor of Science in Exercise Science - (North Dakota State University - Fargo, ND)

SKILLS

Microsoft Office,
Coaching, Management,
Customer Service.

LANGUAGES

English (Native)
French (Professional)
Spanish (Professional)

INTERESTS

Climbing
Snowboarding
Cooking
Reading

REFERENCES

Reference - 1 (Company Name)
Reference - 2 (Company Name)