

PAULINE I. WINSLOW

HEALTH FITNESS SPECIALIST



CONTACT

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OBJECTIVE

Inspiring Health Fitness Specialist seeking career with a seasoned company looking for loyal employees dedicated to the job.

EDUCATION

Bachelor's Degree in Kinesiology, 2012

Bard College, Annandale-on-Hudson, NY

EXPERTISE



Communication

RELATED SKILLS

- Strong experience in fitness assessments.
- Familiarity with teaching group exercise.
- Familiarity with Group Exercise Leadership and additional industry certifications.
- Outstanding knowledge of instruction of group exercise classes.
- Exceptional knowledge of contract obligations and client's needs.
- Deep knowledge of site specific emergency response plans.
- Huge knowledge of performing administrative tasks associated with facility operations.
- Proficient in the delivery of Health Fitness and site-specific programs and services
- Proficient in Excel, PowerPoint, Word, data entry, etc.
- Extreme ability to teach group exercise classes and instruction on exercise floor
- Immense ability to effectively organize and prioritize work demands.
- Remarkable ability to work effectively both independently and as part of a team with enthusiasm, initiative and creativity.



Fitness



Exercise