

Fitness Trainer Resume

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Job Objective: Qualified Fitness Trainer seeking position with dependable firm where I can boost my career and aid in growth of company.

Highlights of Qualifications:

Vast experience with managing pain
Familiarity with basic human anatomy and physiology
Wide knowledge of posture, core stabilization and exercise fundamentals
Extensive knowledge of human behavior and performance
Exceptional ability to implement structured program

Professional Experience:

Fitness Trainer
Planet Fitness, Clearwater, FL
February 2009 - Present

Executed sales and established contacts with health clubs and acute centers.
Organized merchandise as per company standards.
Assured safety and effective working of exercise areas and equipment.
Maintained cleanliness in club as per established standards.
Developed personalized fitness programs for clients.

Fitness Trainer
Urban Active Fitness, Clearwater, FL
September 2005 - January 2009

Education:

Bachelor's Degree in Physical Education
Binghamton University, Binghamton, NY