

SHAUNNA WIZA

4446 Jonathan Mall, San Francisco,
CA

p: +1 (555) 461 1477

EXPERIENCE

DICKENS, HOWE AND MARKS New York, NY

Health Fitness Specialist. 12/2018 – present

- Maintain gym area daily and ensure equipment is in safe, working condition
- Oversee equipment maintenance contractor and schedule monthly service and repairs as necessary
- Contribute ideas and/or develop new fitness/wellness programs and events for the workforce
- Develop and lead a robust personal training program and work with the military to maintain physical fitness standards
- Provide fitness testing, evaluation, and individual fitness program development

FRANECKI GROUP New York, NY

Health Fitness Specialist. 05/2014 – 09/2018

- Experience instructing group exercise classes (boot camp, HIIT, etc.)
- Bachelor's Degree in Exercise Science, Health Promotion, Kinesiology or related discipline required; completion of internship program
- Current CPR/AED and first aid certifications through American Heart Association, American Red Cross or American Safety & Health Institute, required within 3 months of employment
- Work independently and virtually as needed
- Personal Training certification from ACE, ACSM, AFAA, NSCA or NASM required within 3 months of employment

EDUCATION

RHODE ISLAND SCHOOL OF DESIGN Bachelor's in Exercise Science

SKILLS

- Responsible for assisting with all injuries that occur in our club and following all guidelines to report them to the appropriate authorities
- Must adhere to all policies and procedures and keep all certifications current
- Monitors facility; interacts with participants and supervises equipment and participant safety
- Conduct fitness testing and assessments and advises participants of results; designs individualized programs to meet the member's interests, abilities and goals