

# ROBERT SMITH

## Fitness Professional

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Seeks to provide physical therapy for children experiencing neuromotor impairment, genetic conditions, or other developmental disabilities.

**1998 - 2003**

### **FITNESS PROFESSIONAL - ABC CORPORATION**

- Gym equipment maintenance and repair.
- Coordinating staff work schedules and body composition appointments for clients.
- Helped many clients reach their fitness goals by encouraging them to change their lifestyles without overwhelming them.
- Helped them to get involved in a fitness/nutritional program designed specifically for them.
- Experience from teaching taught me how to effectively communicate with clients patiently.
- Care for the welfare of others.
- Group fitness classes with exciting moves with the best music available.

**1997 - 1998**

### **FITNESS PROFESSIONAL - DELTA CORPORATION**

- Train clients in a number of matters of physical fitness and general health .-Promote visions and goals of our Core 3 method through customer .
- Entrepreneur of personal fitness training brand and independent contractor within network of facilities Extensive utilization of experiential .
- Personal Training- NASM CPT Nutrition Coaching- ISSA Fitness Nutrition Alpha Coach TEAM Fitness Instructor.
- Denver, Colorado Fitness Professional, April 2009 Present I serve the residents of the Glass House and surrounding units in beautiful downtown Denver .
- The dynamic of this gym has changed over my years here, changing ownership and going from private to public.
- In addition to training, I have also played a role in consulting our new management in best fitness practices to aide in the transition and help with .
- Offered group exercise and training at this small local studio working with long-time colleagues, clients, and friends in my community.

### **EDUCATION**

Life - (American College Of Sports Medicine)