



# Adam Spiegel

(860) 212-7893

[AdamSpiegel23@gmail.com](mailto:AdamSpiegel23@gmail.com)

[LinkedIn](#) Profile

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## **EDUCATION:**

**Bachelor of Science**

**2006**

**Applied Exercise Science**

Springfield College, Springfield, MA

## **PROFESSIONAL EXPERIENCE:**

**UConn Coding Bootcamp Student**

**March 2021-September 2021**

*University of Connecticut School of Engineering*

- Full Stack Web Development Bootcamp Program.
- Education entails all aspects of front and back-end web development.
- Skills include *HTML, CSS, JavaScript, jQuery, Bootstrap, Express.js, React.js, Node.js, Database Theory, MongoDB, MySQL, Command Line, Git*, and more.
- In depth project creation and development, working independently and with team collaboration.
- Research and practice with hands on development of application skills through a variety of sources including classroom instruction, tutoring, outside educational platforms, and more.

**Program Manager**

**November 2011-May 2020**

*EXOS*

- Complete management of corporate health and wellness center.
- Hire, train, supervise, educate, and grow qualified staff of health fitness specialists, group exercise instructors, interns, and substitute health fitness specialists.
- Complete site budget management & profit/loss analyzation for EXOS and clients.
- Complete development and implementation of annual strategic plans covering short- and long-term goals for areas of: membership acquisition, membership engagement, outreach/integration efforts, wellness campaigns, and fee for service programs.
- Reporting including monthly management reports, ROI, quarterly business reviews, program design guides, executive summaries, and equipment inventory assessments.
- Implementation of client cost saving opportunities including analysis, development, and implementation of these programs.
- Establish and maintain a sound, proactive relationship with client liaison and on/off site management.
- Develop, deliver, and evaluate health promotion, behavior change, and other specialty programs.
- Complete fitness assessments, exercise prescriptions, personal training, and group exercise class instruction.
- Regional Director Development Program elected participant.
- Organization and complete implementation of outreach programs into community.



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## **Program Coordinator**

**September 2010 – October 2011**

### *Health Fitness Corporation*

- Complete management, coordination, and implementation of health and wellness programs for all manufacturing employees.
- Developed educational programs and health/wellness incentive programs.
- Conducted all stretch on site and group exercise classes including spinning, stretch/strengthen, and bosu.
- Updated and maintained all participant metrics.
- Developed, planned, and presented budgetary information for Industrial Athlete program.
- Completed billing for all Industrial Athlete fitness center memberships.
- Scheduled and led all Industrial Athlete team meetings.
- Attended and participated in various monthly and bi-weekly meetings including environment, health, and safety team, weekly injury and illness review, and fitness center staff meetings.
- Present Industrial Athlete program to all new hires. Constant recruitment for fitness center.
- Reinforced proper ergonomics throughout facility.
- Created and distributed a variety of newsletters and promotional materials.

## **Senior Health Fitness Specialist**

**October 2007 – October 2008**

### *Take Care Health Systems, ING, Windsor, CT.*

- Event planning and organization of numerous health promotion topics and activities.
- Organized and managed poker walk for heart healthy month.
- Arranged for chair massage and employee involvement.
- Designed various health informational booths that were presented to all company employees.
- Planned several health promotional activities and events.
- Planned orientation events for prospective members.
- Scheduled group exercise classes and recruited high participation.
- Group exercise class instruction including spinning, toning, stretching, and abs.

## **CERTIFICATIONS AND ADDITIONAL SKILLS:**

- EXOS Performance Specialist Certified
- Aerobics and Fitness Association of America Certified Personal Trainer.
- Aerobics and Fitness Association of America Group Exercise Instructor.
- American Red Cross CPR, AED, & First Aid Certified.
- Microsoft Office Excel, Outlook, Word, and PowerPoint experienced and knowledgeable.
- Strong and experienced business development and relationship building skills.