



Adam Spiegel

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LinkedIn Profile

EDUCATION:

Bachelors of Science

2006

Applied Exercise Science

Springfield College, Springfield, MA

PROFESSIONAL EXPERIENCE:

UConn Full Stack Web Development Bootcamp

March 2021- September 2021

UConn – Trilogy Education

- Full Stack Web Development Training
- Technical Experience & Projects Include:
 - HTML, CSS, JavaScript, jQuery, Web APIs, Third Party APIs, Server Side APIs, Node JS, Node Package Manager, Express, MySQL (database structuring)

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.

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.

PROFESSIONAL SKILLS AND CERTIFICATIONS:

- UConn Full Stack Web Development Certification – September 2021
- 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.