

PROFESSIONAL EXPERIENCE

EQUINOX, Chicago, IL

Tier 4 Coach, January 2015 – November 2016

Tier 1-3 Coach, April 2010 – December 2014

- Worked within a small team of coaches to design programming and manage lifestyle behaviors for over 90 clients.
- Identified and implemented educational opportunities to assist in the growth of professional performance for onboarding and lower tiered personal trainers.
- Researched current tools and attended educational workshops to stay at the forefront of the fitness industry
- Utilized KORR Metabolic Systems, InBody, PosturePro, and FMS to assess clients.
- Created and executed in house informational seminars for local businesses to target potential clients
- Used the assessment process to demonstrated value and sell training packages to clients
- Provided hospitality to all club members

TRACE, Chicago, IL

Bartender, April 2008 – November 2016

- Provided friendly, polite and efficient customer service
- Helped customers make selections through offering suggestions and opinions based on their preferences
- Processed transactions using the POS system
- Balanced cash register and the start and close of each shift and transferred money to the safe

WICKER PARK FITNESS, Chicago, IL

Personal Trainer, November 2010- November 2011

- Provided introductory training sessions to new gym members and potential training clients
- Developed plans to meet clients' health and fitness needs through safe, effective and results driven goals

THE TWISTED SPOKE, Chicago, IL

Bartender, January 2006 – June 2010

- Provided friendly, polite and efficient customer service
- Managed inventory; placed and received orders from distributors
- Managed staff to meet company standards
- Resolved customer complaints in a prompt and professional manner

EDUCATION

National Personal Training Institute, Chicago, IL

Graduate, January 2008 – January 2009

Lakeside High School, Evans, GA

Graduate, July 2002

ADDITIONAL SKILLS

- Rock Climbing, Distance Running, Marathon Coach, Precision Nutrition Certified