

PERSONAL TRAINER

9 years of health and wellness experience across fitness centers.

STACIE MADDEN

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B.S.C
HEALTH
EDUCATION



ACE GROUP FITNESS
INSTRUCTOR



BEST PERSONAL
TRAINER
2013



FIRST-AID
AND CPR



ANNUAL CAPITAL CITY
RIVER RUN
MARATHON



EXPERIENCE

PERSONAL TRAINER
OCT 2006 – MAY 2012

ZEUS FITNESS

- Taught fitness class based on Body Combat
- Instructed clients on proper equipment use
- Exceeded revenue targets by 20% within 3 months
- Co-developed new fitness programs with management

PERSONAL TRAINER
JUN 2012 – PRESENT

COSMO FITNESS

- Track record of helping 70% of clients reach goal within first month
- Designed personalized programs and nutritional plan for clients
- Provided exceptional customer service

Proven track record in helping clients achieve fitness goals through customized exercise programs and diet plans.