

KAMMIN AVERY

Riverton, UT 84065 | 801-885-4760 | kammin.avery@gmail.com

Professional Summary

Utilize my expertise in health and fitness as an organization's valued team member to train, teach and coach clients in various aspects of health and fitness. Hardworking and motivated. Solid history balancing team performance, customer service targets, and business objectives. Dedicated to working closely with employees to maximize productivity and optimize procedures. Decisive leader with good planning and organizational skills.

Skills

- Project management
- Reliable and trustworthy
- Analytical
- MS Office
- Safety behaviors expertise
- Working collaboratively
- Personal Trainer/Coach
- Group/classroom Instructor

Work History

Evaluations Manager

04/2021 to Current

More Energy Health – Pleasant Grove, UT

Effectively communicate with clients to set up health consultations. Perform a variety of health evaluations correctly and safely on clients. Correctly and candidly explain the results of clients' health evaluations. Work with our team to market and promote different campaigns. Represent the company at different work venues. Lead and train individuals on how to correctly perform a variety of lifts and exercises. Coach clients to create realistic goals and enable them to achieve their goals. Lead and instruct various fitness classes.

Decorative Concrete Specialist

09/2020 to 12/2020

Stucki Stamped Crete LLC – Rigby, ID

Help pour unique walkways, fireplaces, patios, driveways, etc in Island Park, ID. Learned how to sculpt and stamp concrete. Mixed color loads. Learned how to work efficiently under stressful circumstances all while meeting expectations and deadlines for our clients.

Education

Bachelor of Science: Exercise Physiology

12/2021

Brigham Young University - Idaho - Rexburg, ID