

Kevin Ng

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EXPERIENCE

Deep End Fitness - Irvine, CA

Team Irvine Manager/Lead Tier 2 Certified Instructor

July 2019 – Present

- Create lesson content and progressive programming of water based exercise program utilizing various weight equipment in a high stress environment underwater.
- Instruct clients and mentor Assistant Instructor through practices while educating athletes in the corner stones of the brand; mental focus, relaxation, economy of motion and efficient breathing
- Provide exceptional customer service to all participants and ensure safety of all members and instructors

Lifetime Fitness - Laguna Niguel, CA – Florham Park, NJ

Personal Trainer/Aquatic Supervisor/Assistant Swim Coach

February 2018- PRESENT

- Create and deliver Functional Training, Plyometrics, Core Stability and Body Weight focused programing for a variety of levels – Swim Team
- Implement educational strategies to enhance athlete and customer service experience
- Ensure customer and staff safety while leading/directing all instructor and lifeguards

No Body Denied Fitness Training Zone – Morristown, NJ

Personal Trainer/Fitness Professional

November 2015 – April 2018

- Instructed Large Training Group Classes including Boot Camp, TRX, HIIT, and Plyometrics including creation of content and progressive programming
- One on One Personal Training with focus of improving strength, flexibility, cardiovascular endurance, and proper body mechanics
- Aided in the marketing of membership packages, upgrades to current programs and assisting clients in choosing appropriate fitness program to fit their individual needs

Professional Attributes

- Client Centered
- Results Driven
- Goal Oriented
- Strategic Minded

EDUCATION

University of Rhode Island

Kinesiology focused

September 2010

National Academy of Sports Medicine

Certified Personal Trainer

September 2015

CERTIFICATIONS

First Aid Certified

BLS Certified

American Red Cross
Lifeguard Certified

References Available Upon Request