

FITNESS INSTRUCTOR

Summary

I am found to be affable, responsible and enthusiastic, with an impeccable ability to learn new tasks quickly, while growing customer relationships and maintaining constant satisfaction. I represent any establishment with a congenial, professional demeanor at all times, with a contagious smile glued to my face. I have had experience in customer service now, for a little over two years. I am at the prime of my life where every learning experience I encounter is not only a blessing, but an honor to say the least. I am a highly driven individual who strives for the best in all that I do. I am a people-person and can form relationships with nearly everyone I come into contact with. I am a valuable asset to any team that wishes to obtain only the finest, and most organic individuals. I am trustworthy, honest, and as hardworking as they come. Challenges are passed along my way because it is known that I will find the best and most effective ways in solving them.

Skills

- Leadership
- Proficient in writing
- Excellent communicator
- Avid listener
- Expert Multi-tasker
- Mutual mediator
- Problem-Solver

Accomplishments

- Am a co-founder in the formation of a fitness app.
- Dual enrolled in college while a junior in high school and graduated with over 38 applicable and accredited college credits.
- Represented my community in California as the year's reigning pageant princess, with countless hours of community service.
- Conducted a women's study with over 40 individuals with ages ranging from 18-50.
- Underwent heart surgery at the age of 15, and overcame the various physical set backs that hindered me for so long.

Experience

05/2017 to Current

Fitness Instructor Company Name - City , State As a fresh faced fitness instructor, I am new to the game. I have a deep love for health and wellness and after weeks of training alongside strong, qualified women. I was chosen to lead men and women alike in the teaching of various fitness workouts including: barre, strength training, and HIIT. I resume my position when I return to school in the fall. Within this position I must display immense responsibility, mindfulness, and compassion to all that step into my studio.

03/2017

Sub Maker Company Name - City , State Here at Jersey Mike's, I learned how to deal with intense, fast-paced food service. Showing not only speed but quality and efficiency. With a constant flow of customers going in and out, it is not only important to be quick thinking, but also being attentive to detail and customer satisfaction. I worked register, as well as a sub "dresser" and handled various situations. I had a smile painted on my face, and truly made my customers' experience at Jersey Mike's a great one. I aim for excellence in all that I do, and when I do something I want it done right the first time around.

07/2015 to 07/2016

Sales Associate Company Name - City , State

- Specialized in sales of Alex and Ani jewelry, Brighton jewelry and Pandora jewelry. Worked as a sales representative, greeter, and cashiered at the register.
- Provided excellent customer service.

06/2014 to 06/2015

Sterilization Technician Company Name - City , State

- Answered telephones and give appropriate information to callers.
- Greeted visitors and handled their inquiries or directed them to appropriate persons according to their needs.
- Order and dispense supplies.
- Sterilize tools for usage.

Education and Training

2018

Bachelor of Arts : Human Resources and International Business Law Liberty University - City , State , U.S.A. I arrived here at LU in the Fall of 2017, pursuing a degree in one of the most rigorous majors in the school of business. I aim to learn the ins and outs of every corporation I work for one day as an HR Director. And have particular interests in companies involving health and wellness.

2016

Associate of Arts : Liberal Arts College of the Canyons Valencia - State , United States Liberal Arts I have attended my community college since I was a junior in high school. By participating in dual enrollment I was able to finish up my Associate's Degree just one year after graduating high school. Academy of the Canyons Valencia , California , United States Here at AOC I was able to be both a high school student and college student simultaneously by being enrolled at what is referred to as, a middle college. I stayed at Academy of the Canyons for my 2013-2014 academic year.

2015

Valencia High School - City , State , United States I started at Valencia High School my freshman year, transferred out to Academy of the Canyons my junior year, and returned back to Valencia to graduate with my original class in 2015.

Activities and Honors

I was a member of the Phi Theta Kappa Honor's Society at my previous institution. And since coming to Lynchburg I have joined the SHRM club, for Human Resources majors.

I recently have signed up to working with the community's Humane Society and becoming more actively involved in their services their.

One of my most prized projects I am working on at the moment is the formation of a fitness app. I am a cofounder for this app and many more to come and expect a launch date some time in the Fall.