**Gym Instructor**

**(Personal Training, Gym Management, Fitness Equipment Expertise, weight Management, Supplementation,kettlebell trainer,bosuball trainer)**

Name:-Harsh Mahesh bhai parmar

DOB-(7/9/1991)

Address-13,kasturba park Soc. ,ramji mandir road,Ahmedabad (380024)

Qualifications-12

Graduation (correspondence) (St. Xaviers college).

Certificiations-Level 1 kettelbell personal trainer(IKFF),Bosuball personal trainer.Doing certified personal trainer(CPT).

Language- English,Hindi,Gujrati.

Email id-harshparamar4848@gmail.com

Contact No-(+917874848665)

**Past work experience**

**Talwalkars gym**

**(Fitness Instructor & Personal Trainer)**

(Apr 2012-Apr 2015)

Address:-326, Sigma Esquire mall

Above Dominos pizza

Near- Ichhaben Ni wadi

Kankaria, Maninagar

Ahmedabad. Gujarat-380008

Contact No-(07925433309)

**WORK AND RESPONSIBILITIES**

.General training & Personal Training

.Friendly and helpful to all the Clients and those who are in need

.Collaborate with gym owner to introduce new fitness programs

.Helped clients of all ages to their personal fitness goals

.Personally brought many personal training clients

**Anytimefitness**

**(Fitness instructor & Personal Trainer)**

(Nov 2015-Nov 2016)

A-205 Amrapali lake view tower

Opp,Hyatt International hotel &Alpha One Mall,

Vastrapur.

Ahmedabad,Gujarat-380008

Contact No-(+919979978249)

**WORK AND RESPONSIBILITIES**

.General training & Personal Training

.Design workout schedule for the clients

.Friendly and helpful to all the Clients and those who are in need

.Group Training

.Collaborate with gym owner to introduce new fitness programs

.Helped clients of all ages to their personal fitness goals

.Personally brought in over 30% club revenue.

.Responsible for day-to-day operations, maintenance, cleanliness and safety in the gymnasium and recreation areas.

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