


RONNIA JACOBSON

Personal Trainer

CONTACT

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(123) 456-7890 

San Francisco, CA 

[LinkedIn](#) 

EDUCATION

High school diploma
Gateway High School
2006 - 2010
San Francisco, CA

SKILLS

Compassionate
Multi-tasking
Critical Thinking
Teamwork
Exercise Programs
Physical Assessments

CERTIFICATIONS

ISSA Certified Personal Trainer
Red Cross BLS

CAREER SUMMARY

Effective personal trainer with over 10 years of experience helping clients achieve their health goals. Seeking to join a team of seasoned trainers at In-Shape to encourage, motivate, and shift perspectives on fitness, health, and wellness.

WORK EXPERIENCE

Personal Trainer

Svetness

2016 - current / San Francisco, CA

- Designed and instructed 8 group Spin and Zumba classes per week
- Created specialized meal and accountability plans on social media for 18 premium members
- Developed and customized fitness plans for 36 long-term clients
- Supervised and administered 28% of the gym's physical assessments
- Voted "Top Instructor" in 2019 for helping clients achieve weight loss

Personal Trainer

9Round

2012 - 2016 / San Francisco, CA

- Developed 77 fitness courses ranging from Cross Fit to Pilates
- Conducted 11 orientations yearly for new members, providing a tour of the gym and overviewing programs
- Tracked 37 clients' progress and discussed program and nutrition to assist with accountability
- Assessed equipment for damage, handled light maintenance and placed orders for new equipment as needed

Personal Trainer

Crunch Fitness

2010 - 2012 / San Francisco, CA

- Coached efficient and safe workouts for 112 short-term clients recovering from injuries
- Collaborated with a team of 4 to create and implement 13 fitness programs designed for weight loss
- Prepared and cleaned 3 workout studios for group classes, signed members into class, and tracked class attendance