

## **Simon Colman**

278 Edgelciff Rd Woollahra 2025

0403 373 588

D.O.B 17/6/1985

### **Experience**

1. May 2018 – Present, contractor and site supervision (ad hoc)
2. May 2018 – Present, Security services in consolidated press holdings (ad hoc)
3. May 2018 – Present, Loss prevention Apple Bondi and Apple City for Eastside protection. Protecting Apple staff and assets.
4. July 2017 – June 2018, YMCA gym floor instructor, personal trainer and group exercise instructor. Epping, UNSW and Ku – Ring Gai
5. January 2016 – Present, Corporate fitness center supervisor and group fitness instructor.
6. Jan 2014 – Jan 2016, personal training franchise operator in Anytime Fitness Potts Point.
7. Jan 2012 – December 2013, personal training franchise in Castlereagh Aquatic and fitness centre.
8. April 2010 – September 2013, Worked as a Personal Trainer at Vision personal training East Sydney.
9. August 2008 – February 2010, Worked as Gym floor instructor and personal trainer at the Willoughby Leisure Centre.
10. June 2006 – July 2008, Ran personal training franchise at Fitness First Pitt St. This was my first job after finishing my personal training qualification.
11. November 2004 – February 2006. I worked as a martial arts instructor in the A.H.A centre in Zurich in Switzerland.

### **Qualifications**

- 2003 – VCE, Complete Year 12 at Geelong Grammar School Corio
- 2005 - Cert III and IV in fitness master trainer (currently registered)
- 2008 – Brandon Raynor Shiatsu and Remedial Massage (registration expired)
- 2010 – Dry needling Myofascia release (registration expired)
- 2010 – Senior Punch Fit Group Boxing instructor (current registration)
- 2019 – apply senior First Aid First initially completed in 2005 but annually renewed.
- 2017 - Certificate II in risk management and security operations
- 2017 – Responsible Service of Alcohol

References (contact details available upon request)

Jace Kirk – Former Employer

Paul Betts – Former Manager

Wayne Dart - Employer