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| |  |  | | --- | --- | | **TL** | THOMAS A. LIMMER | | (254) 258-1330  thomas.a.limmer@gmail.com  2604 Chenevert Street,  Houston, TX 77004 |

**Professional Summary**

Dependable Service industry worker equipped for fast-paced work and changing daily needs. Serves customers effectively with attention to detail and hardworking approach. Seeks out opportunities to go beyond basics, improve processes, and increase customer satisfaction.

**Skills**

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| * Problem solver | * Highly motivated with lots of experience working with clients |
| * Concrete knowledge of service | * Solid record for punctuality and willingness to work hard |
| * Strong communication abilities and ambition to lead | * Relatable personality |

**Experience**

**Assistant Fitness Manager**, **24 Hour Fitness, Elgin & Louisiana Super**, Mar 2016 ‐ Apr 2020, TX

* Maintain strong client relationships.
* Helped onboard new team members and trainers.
* Provided extraordinary customer service.
* Sold over $400,000 of personal training.

**Master Trainer**, **24 Hour Fitness**, Jun 2014 ‐ Mar 2016, Houston, TX

* Over 6,000 one-on-one personal training sessions.
* Designed personalized work out plans.
* Promote club programs, products, and services to individuals.
* Verified gym equipment for proper use and functions, minimizing accidents.
* Wide range of client ages and skills.

**Education**

Bachelor of General Studies, Science and Education Jun 2015

**University of Mary Hardin-Baylor** ‐ Belton, TX

**Certifications**

Cooper Institute - Personal Trainer Certification TRX Suspension Training – Certified TRX Instructor CPR Certification AED (Automated External Defibrillator)