

## **Alan Gaudet**

125 Meadowcrest Ct  
Clemmons,, NC 27012

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### **Professional Skills**

- 70 wpm Type Speed
- Goal Setting
- Two + years customer service experience
- Positive Environment Fostering
- 3 years management experience
- NASM Personal Trainer certified

### **Experience**

**Life Time Fitness**, Charlotte NC  
2020

Feb 2019 - Dec

#### **Personal Trainer/Small Group Exercise Instructor**

- Create and implement daily workouts for clientele based on their goals
- Instruct in proper technique in various exercises
- Instruct exercise classes no larger than 20 participants
- Manage personal business and set monthly goals

**Keith Family YMCA**, Charlotte NC  
2019

June 2018 - Feb

#### **Aquatics Director**

- Manage lifeguard schedule
- Responsible for maintenance and upkeep of indoor and waterpark pools
- Train employees on proper quality standards and expectations
- Lead monthly in-service trainings
- Promote and oversee all aquatic programs

**Keith Family YMCA**, Charlotte NC  
2018

2017 - June

#### **Personal Trainer**

- Create and coach exercise programing to clients based on their goals
- Train clients in goal setting
- Instruct proper technique in various exercises
- Provide information on general health and nutrition

**Planet Fitness, Charlotte NC**  
2017

Jan 2017 - May

- Welcome members and guests
- Assist with membership inquiries and sign-ups
- Clean and Tidy Gym equipment

**Sonoma Canopy Tours, Occidental CA**  
2017

June 2015 - July

**Lead Guide/Shift Manager**

- Maintain daily operations
- Handled gift shop transactions
- Lead tours no more than eight on zipline course
- Answered phones for customer inquiries

#### **Education**

**University of North Carolina at Charlotte, Charlotte NC**  
Computer Science major - Incomplete

2009

**West Forsyth High School, Clemmons NC**  
High school diploma

2005