

Jessica Claire

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PROFESSIONAL SUMMARY

Highly motivated, wellness professional seeking an opportunity to advance my career with a position providing the community with programs and services to further their knowledge and involvement in wellness activities. Ability to design, develop, implement, and evaluate health and wellness programs Strong interpersonal skills with experience in educating members and community about health related topics Innovative in designing and carrying out projects Advanced understanding and experience with the wellness industry Maintain high level of organizational, communication and service oriented skills Basic understanding of fitness testing and evaluation concepts

SKILL HIGHLIGHTS

- Guest services
- Inventory control procedures
- Merchandising expertise
- Loss prevention
- Cash register operations
- Product promotions

PROFESSIONAL EXPERIENCE

GROUP FITNESS COORDINATOR 05/2012 to 10/2015

City Of Peoria | , ,

- Directed and supervised the Group Fitness Program which included staffing and evaluation of 30+ instructors.
- Developed educational seminars for active adults and members, providing wellness and health information.
- Developed health education events, incentive programs, and seminars for all employees.
- Responsible for P&L for the Group Fitness Program.
- Developed and ran annual community support campaign to bring in \$10,000+ per year to department.
- Devised and implemented progressive and individualized exercise recommendations and programs.
- Created and successfully held monthly healthy lifestyle events/ presentations.
- Marketed the group fitness classes to members as well as all fitness related events.

PRIVATE CHILDCARE PROVIDER 11/2011 to CURRENT

| City, STATE,

- Created and carried out daily schedules that meet the physical and emotional needs of children.
- Met with parents on a weekly basis to discuss the week's plans, as well as any disciplinary problems.
- Scheduled activities to ensure proper development of social interaction with others as well as personal development.
- Effectively handled interventions between children when disagreements arise.

FITNESS INSTRUCTOR 08/2011 to PRESENT

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- YMCA of the Suncoast, Highland Recreation Complex Responsibilities Developed, organized, and maintained fitness classes for members in an effective, efficient, and professional manner through personal recognition, relationship building, and safe execution.
- Advised members on items related to fitness, exercise principles, and wellness.
- Kept and maintained up-to-date trends in the fitness industry.
- Encouraged members to reach their fitness and wellness goals.

EDUCATION AND TRAINING

Bachelor's Degree | Psychology/ Government DECEMBER 2011

University of Tampa, ,

GPA:

Psychology/ Government Healthy Lifestyle Principles Foundations of Strength and Conditioning CPR, First Aid, AED Les Mills Bodypump Guardian ad Litem volunteer and advocacy training

SKILLS

ad, CPR, First Aid, Guardian, health education, presentations, relationship building, seminars, staffing