

Professional Summary

Results-driven Health & Fitness leader with 15+ years of experience in inspiring individuals to adopt healthy lifestyles through exercise. Proven track record of driving engagement and growth in the fitness industry, with a strong national presence.

Professional Experience

National Fitness Director (HF10)

Inazuma.co | 2018 - Present

Regional Fitness Manager (HF7)

FitZone India | 2015 - 2018

Key Achievements:

- Increased regional membership by 30% through targeted marketing campaigns and community outreach.
- Developed and implemented a new group fitness program, resulting in a 25% increase in class attendance.

Responsibilities:

- Managed a team of 10 fitness instructors across 3 locations.
- Conducted workshops and training sessions for staff and members.

Fitness Program Coordinator (HF4)

Wellness Hub | 2012 - 2015

Key Achievements:

- Coordinated with trainers to launch a new Pilates program, attracting 50 new members within the first quarter.
- Assisted in the development of a corporate wellness program, securing 3 major client contracts.

Responsibilities:

- Assisted in the daily operations of the fitness center.
- Provided customer service and support to members.

Personal Trainer (HF2)

Fitness Frenzy | 2010 - 2012

Key Achievements:

- Achieved a client retention rate of 90% through personalized training programs.
- Participated in fitness events, promoting the gym and attracting new clients.

Responsibilities:

- Designed and delivered personalized fitness plans for clients.
- Conducted group fitness classes.

Education

Bachelor of Science in Exercise Science

University of Michigan | 2010

Technical Skills

Fitness Software:

- MindBody
- FitMetrix

Communication Tools:

- Slack
- Microsoft Teams

Marketing Platforms:

- Facebook Ads
- Instagram Ads

Certifications:

- ACE Personal Trainer Certification
- CPR/AED Certification