

## Professional Summary

Results-driven Health & Fitness professional with 10+ years of experience in leading high-performing teams and driving business growth through innovative wellness strategies. Proven track record of success in program development, team management, and client satisfaction. Currently holding a senior leadership position at Inazuma.co, leveraging expertise to shape the future of health and fitness.

## Professional Experience

### Director of Health & Fitness Operations (HF12)

Inazuma.co | January 2020 - Present

### Senior Fitness Manager (HF9)

FitCorp Inc. | June 2018 - December 2019

#### **Key Achievements:**

- Increased client retention by 25% through personalized fitness programs
- Developed and implemented a mentorship program for new trainers, resulting in a 30% reduction in turnover

#### **Responsibilities:**

- Managed a team of 15 fitness trainers
- Coordinated fitness events and workshops

### Fitness Program Coordinator (HF6)

Wellness Center LLC | March 2015 - May 2018

#### **Key Achievements:**

- Designed and launched a successful group fitness program, attracting over 500 new clients within the first year
- Collaborated with the marketing team to create promotional materials, resulting in a 20% increase in social media engagement

#### **Responsibilities:**

- Assisted in the development of fitness programs
- Conducted fitness assessments and provided client feedback

### Personal Trainer (HF3)

GymX | January 2012 - February 2015

**Key Achievements:**

- Consistently met or exceeded monthly sales targets for personal training sessions
- Maintained a client satisfaction rate of 95% or higher

**Responsibilities:**

- Provided one-on-one and group training sessions
- Created customized fitness plans for clients

## Education

**Bachelor of Science in Exercise Science**

University of California, Los Angeles (UCLA) | December 2011

## Technical Skills

**Fitness & Wellness:**

- Program Development
- Personal Training
- Group Fitness Instruction
- Wellness Coaching

**Leadership & Management:**

- Team Management
- Strategic Planning
- Client Relations
- Operational Efficiency

**Software & Technology:**

- Fitness Management Software (e.g., MindBody, ClubReady)
- Microsoft Office Suite
- Google Workspace