

Professional Summary

Results-driven Health & Fitness professional with 8+ years of experience in driving business growth, leading high-performing teams, and fostering a culture of wellness. Proven track record of success in developing and implementing innovative fitness programs, with a strong passion for nutrition and overall well-being.

Professional Experience

Director of Fitness & Wellness (HF09)

Inazuma.co | January 2020 - Present

Senior Fitness Manager (HF07)

FitZone Inc. | June 2018 - December 2019

Key Achievements:

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

Responsibilities:

- Managed a team of 10 fitness instructors
- Coordinated with the marketing team to promote fitness programs

Fitness Coordinator (HF05)

Wellness Center LLC | January 2016 - May 2018

Key Achievements:

- Assisted in the development of a new wellness program, resulting in a 20% increase in client engagement
- Improved customer satisfaction ratings by 15% through effective issue resolution

Responsibilities:

- Coordinated fitness classes and workshops
- Provided exceptional customer service to clients

Personal Trainer (HF03)

GymX | June 2014 - December 2015

Key Achievements:

- Consistently met or exceeded monthly sales targets
- Developed and maintained a loyal client base, resulting in a 25% increase in referrals

Responsibilities:

- Conducted one-on-one personal training sessions
- Created customized fitness plans for clients

Education

Bachelor of Science in Exercise Science

University of California, Los Angeles (UCLA) | May 2014

Technical Skills

Fitness:

- Group Fitness Instruction
- Personal Training
- Fitness Program Development

Nutrition:

- Meal Planning
- Nutrition Counseling
- Dietary Analysis

Wellness:

- Stress Management
- Mind-Body Wellness
- Health Promotion