

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