

Professional Summary

Results-driven Health & Fitness professional with 13 years of experience in Yoga and 3 years in Personal Training & Nutrition. Proven track record of leadership, management, and public speaking. Skilled in Microsoft Office, with expertise in Excel and PowerPoint. Dedicated to promoting wellness and healthcare through innovative approaches.

Professional Experience

Senior Wellness Director (HF12)

Inazuma.co | 2020 - Present

Wellness Program Manager (HF9)

FitZone Inc. | 2018 - 2020

Key Achievements:

- Increased program participation by 30% through targeted marketing and community outreach.
- Developed and implemented a nutrition counseling service, resulting in a 25% increase in client retention.

Responsibilities:

- Managed a team of 5 personal trainers and nutritionists.
- Coordinated with healthcare providers to offer integrated wellness services.

Lead Yoga Instructor & Program Coordinator

Yoga Bliss Studio | 2015 - 2018

Key Achievements:

- Created and taught specialized yoga workshops, attracting a 50% increase in new clients.
- Assisted in the development of a yoga teacher training program, leading to a 20% increase in studio revenue.

Responsibilities:

- Taught a variety of yoga classes for diverse clientele.
- Coordinated workshops, events, and teacher training programs.

Personal Trainer & Nutritionist

Fitness Frenzy Gym | 2012 - 2015

Key Achievements:

- Achieved a client satisfaction rate of 95% through personalized training and nutrition plans.
- Collaborated with gym management to develop and promote new fitness programs.

Responsibilities:

- Designed and implemented customized fitness and nutrition plans for clients.
- Conducted fitness assessments and progress evaluations.

Yoga Instructor

Serenity Yoga Studio | 2009 - 2012

Key Achievements:

- Built a loyal client base through engaging and challenging yoga classes.
- Assisted in studio events and workshops.

Responsibilities:

- Taught various yoga classes for beginners and advanced practitioners.
- Maintained a clean and safe studio environment.

Education

Bachelor of Science in Exercise Science

University of California, Los Angeles (UCLA)

Relevant Coursework:

- Exercise Physiology
- Nutrition for Fitness
- Sports Management

Technical Skills

Software:

- Microsoft Office (Excel, PowerPoint, Word)
- Google Suite (Docs, Sheets, Slides)

Health & Fitness:

- Yoga Instruction (Hatha, Vinyasa, Restorative)
- Personal Training (Weight Management, Strength Conditioning)
- Nutrition Counseling (Meal Planning, Macro Balancing)

Leadership & Management:

- Team Management
- Program Development
- Public Speaking