

Professional Summary

Results-driven Health & Fitness professional with 10+ years of experience in leading high-performing teams and driving business growth through innovative wellness initiatives. 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 company's health and fitness strategy.

Professional Experience

Director of Health & Fitness (HF09)

Inazuma.co | January 2020 - Present

Senior Fitness Manager (HF07)

FitZone Inc. | June 2018 - December 2019

Key Achievements:

- Increased membership retention by 25% through targeted engagement programs.
- Developed and launched a new group fitness program, resulting in a 50% increase in class attendance.

Responsibilities:

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

Fitness Program Coordinator (HF05)

Wellness Center LLC | March 2015 - May 2018

Key Achievements:

- Created and implemented a corporate wellness program for a major client, leading to a 30% reduction in their healthcare costs.
- Improved customer satisfaction ratings by 20% through enhanced program offerings.

Responsibilities:

- Assisted in the development of new fitness programs.
- Provided support for event planning and execution.

Personal Trainer (HF03)

Fitness Frenzy Gym | January 2012 - February 2015

Key Achievements:

- Consistently met or exceeded monthly sales targets for personal training sessions.
- Developed and maintained a loyal client base with a 90% retention rate.

Responsibilities:

- Conducted one-on-one and group training sessions.
- Participated in gym events and promotions.

Education

Master of Science in Exercise Science

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

Relevant Coursework:

- Exercise Physiology
- Biomechanics of Movement
- Sports Nutrition

Technical Skills

Fitness & Wellness:

- Program Development
- Team Management
- Client Engagement Strategies

Business Operations:

- Budgeting & Financial Management
- Marketing & Promotion
- Event Planning

Software Proficiency:

- Fitness Management Software (e.g., MindBody, ClubReady)
- Microsoft Office Suite (Word, Excel, PowerPoint, Outlook)