Ben Stephens

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Wantirna South, Vic 3152
0452 188 552
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EXPERIENCE

F45 Mount Waverley, Wantirna — *Head Trainer/Studio Manager*

October 2017 - Current

- F45 Trainer – Correct Technique, Motivation, Appropriate Weights/Exercises, Making Sessions Fun

- Head Trainer – Training new PT's, Organising Trainer Rosters, Update Class Schedules, Maintenance of Studio and Gym Equipment

- Studio Manager – Phone Call/Text Messages to Absent/Sick clients. Organising Social and Gym Based Events, Routine Admin and Sale of Memberships/ Merchandise

MC Fitness, Wantirna — *Head Trainer/Small Group PT*

October 2015 - June 2017

- Head Trainer – Class Design, Accountability Sessions, Training new PT's

- Primary Trainer – Correct Technique, Motivate, Appropriate Weights/Exercises

- Receptionist/Secondary Trainer – Stretching, Warm ups, Foam Rolling, Phone Call/Text Messages to Absent/Sick clients.

Genesis, Wantirna — *Personal Trainer*

July 2014 - February 2016

- Group Fitness – Cycle, Boxing, Roller Flex, HIIT

- Personal Training – One on One, Two on One.

- Gym Floor – Inductions, Cleaning, Programs

Woolworths, Bayswater— *NightFill/Replenishment*

October 2011 - november 2015

- Replenishment – Customer Service, Taking Phone Calls, Closing Up The Store/Money Counts

- Night Shift – Replacing Stock, Fast Paced Manual Labour

SKILLS

Excellent communication Skills

Passion for Fitness and Health

Knowledge of Progressions and Regressions

Motivated to Helping Clients Achieve Goals

AWARDS

Gold Level In Duke Of Edinburgh's Award

High Level Martial Arts (Black Belt Equivalent)

EDUCATION

Wantirna College, Wantirna

Feb 2007 - October 2007

VCE – Math Methods, Chemistry, English, Software Development, Business Management

Australian Institute of Fitness, Wheelers Hill

January 2014 - June 2014

Cert III Group Fitness

Cert IV Fitness – Senior First Aid, CPR, Business Management

REFERENCES

Anastasia Stone 0403 966 837 a_garas@hotmail.com

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