

DR. KAVAN JOSHI

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Location: India

SUMMARY

Master Fitness Director with 12+ years of experience in fitness center management, staff training, advanced strength & conditioning, athletic performance enhancement, rehabilitation coordination, and strategic gym operations. Expert in biomechanics, sports science, nutrition planning, client psychology, marketing strategy, and developing high-performance fitness programs.

EXPERIENCE**Fitness Director – Elite Performance Gym (2014 – Present)**

- Lead 40+ trainers across personal training, sports conditioning, and group workout departments.
- Developed advanced training modules for athletes, bodybuilders, and rehabilitation cases.
- Managed annual operations, budgeting, membership growth strategy, and profit planning.
- Implemented injury-prevention systems and collaborated with physiotherapists.
- Organized national fitness events, seminars, and performance workshops.

ACHIEVEMENTS

- Increased gym membership by 60% within 2 years.
- Recognized nationally for “Excellence in Sports & Fitness Leadership – 2022”.

EDUCATION

Ph.D. – Sports Science
Master's in Fitness & Conditioning

SKILLS

Advanced Strength Conditioning, Athlete Performance, Gym Operations Strategy, Team Leadership, Injury Prevention, Sports Science, Member Engagement, Nutrition Strategy

DECLARATION

I hereby certify that the information stated is true and complete.