

PERSONAL TRAINER  
*Genesis Fitness Center, Lansing, MI / 2014 - 2016*

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PERSONAL TRAINER

from Resume Genius

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contact

profile

PERSONAL TRAINER  
*Planet Fitness, Lansing, MI / 2016 - Present*

key skills

education

B.S. HEALTH EDUCATION

*Michigan State University*

East Lansing, MI / 2014  
 *2007 - 2009*

A.A. SOCIAL SCIENCE  
*Michigan State University*

East Lansing, MI / 2012

Personal Trainer with 4+ years of health and wellness experience across multiple fitness centers. Possesses proven track record in helping clients achieve fitness goals through customized exercise programs and diet plans. Consistently improves fitness center revenue targets by developing new programs and retaining clients.

professional experience

* Assist 80 customers per month, with a track record of helping 70% of clients reach fitness goals within the first 6 months
* Design personalized programs and nutritional plans for clients for optimal results
* Provide exceptional customer service, securing 40% of new clients through referrals
* Check all gym equipment for proper use and functions, minimizing accidents or malfunctions

BEST PERSONAL TRAINER / 2017 *Planet Fitness*

awards

Team Leadership

Problem Solving

Organization And Prioritization

Certified ACE Group Exercise Instructor

First-Aid and CPR (Level C)

* Taught Body Combat fitness classes to over 30 students per class
* Instructed clients on proper equipment use, as well as exercises to do at home
* Exceeded revenue targets by 20% within 3 months
* Co-developed new fitness programs with management, with successful implementation that increased sales revenue by 34%

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