

# JASMINE BROWN

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A Certified Group Fitness Instructor with 10+ years of experience, specializing in nutrition, personal training, physical fitness, and program development. A proven track record of delivering instruction to Large groups of students and motivating clients to achieve fitness goals.

## PROFESSIONAL EXPERIENCE

### GROUP FITNESS INSTRUCTOR

Holistic Fitness Inc., Boston, MA | October 2016 - Present

- ◆ Develop nutritional guides for students based on individual health needs and weight loss goals, including education on vegan diets, low-carb diets, and keto diets
- ◆ Identify appropriate training exercises, fitness programs, and nutrition strategies for clients, resulting in over 80% of students achieving weight Loss goals
- Provide instruction on exercise techniques and strength training exercises, ensure safety of clients during fitness classes, and create an engaging atmosphere using high-energy music playlists and motivational speaking

### GROUP FITNESS INSTRUCTOR

Lifeline Fitness, Boston, MA | May 2021 - October 2016

- ◆ Taught classes of 12-25 students focused on HIIT workouts, Zumba, yoga, and TRX, provided instruction on proper exercise techniques, and motivated students to achieve fitness goals by creating an engaging atmosphere and learning environment
- ◆ Supported clients in adopting healthy living habits and improving nutrition, which included providing education on the benefits of low-carb diets and balanced nutrition

## EDUCATION

### BACHELOR OF SCIENCE (B.S.) EXERCISE SCIENCE

Boston College, Boston, MA | September 2007 - May 2011

## KEY SKILLS

- ◆ Nutrition
- ◆ Student Engagement
- ◆ Program Development
- ◆ Physical Fitness
- ◆ Group Instruction

## CERTIFICATIONS

- Certified Personal Trainer (CPT), NASM, 2011
- CPR Certification, American Red Cross, 2011