

JOHN BERGSEN

A Certified Group Fitness Instructor with eight years of experience specializing in CrossFit, sports training, nutrition, physical fitness, and boxing. A strong history of creating engaging physical fitness lessons and tailoring instruction to individual student needs.

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PROFESSIONAL EXPERIENCE

GROUP FITNESS INSTRUCTOR

Brooklyn Fitness Center,
New York, NY
June 2016- Present

- Build safe and inclusive learning environments for clients across various ethnicities, cultural backgrounds, and fitness levels and drive student motivation using a variety of instruction techniques and training programs
- Deliver instruction to classes of 10-20 students, prepare safe lessons in boxing, CrossFit, and sports training exercises, and identify areas of improvement for student technique
- Ensure safety of students during training sessions and provide education on proper techniques to prevent injury and muscle damage

GROUP FITNESS INSTRUCTOR

Collaborate Fitness Group,
New York, NY
May 2014 - June 2016

- ◆ Delivered instruction to small groups of students and planned cardio-based classes focused on strength training, cardiovascular health, kickboxing, and CrossFit
- ◆ Achieved attendance rates of 91% by creating a high-energy learning environment and tailoring exercises to accommodate students across all fitness levels

EDUCATION

Bachelor of Science (B.S.) Exercise Science

University of Syracuse, New York, NY
September 2010 - May 2014

KEY SKILLS

- ◆ Physical Fitness
- ◆ Injury Prevention
- ◆ Group Instruction
- ◆ CrossFit
- ◆ Student Engagement

CERTIFICATIONS

- ◆ Certified Personal Trainer (CPT),
NA5M, 2014
- ◆ CPR Certification, American Red
Cross, 2014