

JESSICA LANG

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A Group Fitness Instructor with five years of professional experience specializing in sports training. Zumba, TRX, yoga, and HUT, A proven track record of developing customized fitness training programs for clients to improve strength, mobility, and long-term health.

EDUCATION

BACHELOR OF SCIENCE (B.S.)
EXERCISE SCIENCE
University of San Diego,
San Diego, CA
September 2013 - May 2017

KEY SKILLS

- Physical Fitness
- Group Instruction
- Nutrition
- Client Relations
- Communication

CERTIFICATIONS

- Certified Personal Trainer (CPT), NASM, 2017
- CPR Certification, American Red Cross, 2017

PROFESSIONAL EXPERIENCE

GROUP FITNESS INSTRUCTOR
Paramount Fitness, San Diego, CA
May 2019 - Present

- Develop engaging fitness training programs and class formats, provide instruction in yoga, TRX, and HUT, and motivate clients using positive reinforcement techniques
- Create dynamic music playlists to motivate clients and build a pleasant atmosphere during lessons and fitness training sessions
- Monitor client progress, provide education on nutrition in alignment with individual goals and health needs, and aided clients in achieving safe weight loss

GROUP FITNESS INSTRUCTOR
Argonaut Fitness Pros, San Diego, CA
May 2017 — May 2019

- Provided instruction to clients on workout methods, strength training exercises, and proper techniques, which included teaching students to identify muscle groups and maximize the effectiveness of fitness training sessions
- Taught classes of 15-20 students across various cultural backgrounds and fitness levels and tailored instruction to the needs of individual clients