

## CHETAN RAGHUNATH THAKUR



### CONTACT

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### SKILLS

Fitness Instruction

Health and Wellness

Exercise Program Design

Coaching

Management

Nutrition

Weight Management

Yoga and Therapy

### LANGUAGES

English

Hindi

Marathi

### EXPERIENCE

#### Gold's Gym

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1.5 year worked as a head trainer in gold's Gym pedder road branch. Experience in handling PT sales, operation and assisted new members by giving them a call and fixing body composition appointment and then by giving them 2 trial session of PT. Also provided workout card.

#### SMM Company

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Work as an personal fitness trainer

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I have run my own gym C4 Fitness Gym and Studio for 3 years.

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Specially worked for weight Loss clients in Freelancing.

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I have Completed 10 yr. In Fitness Industry .

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Conducted group Yoga sessions in Midtown fitness

### EDUCATION

#### Gold's Gym

Personal Fitness Training

#### IFSA Academy

Sports Nutrition

#### Alam Sir

Kick Boxing

#### Nikhil Lad

Functional Training level 1 & 2

#### Apurva Matankar

Posture Analysis

#### Aviyog Group

Yoga

#### Therapy

Cupping / Sujok / Reiki healing



## PROJECTS

Currently working for Manashanti Application.

## ADDITIONAL INFORMATION

Ms office  
Graphic Designer