

Jessica Rhoads

Address: 708 Reid School Rd
Taylors, SC 29687

E-Mail: fitmyframe2@yahoo.com
Cell: 864-908-4921

Summary

Currently the Group Exercise Director for the Caine Halter and Verdae YMCA in Greenville, SC. Experienced in group leadership, activity programming, personal and group fitness training, friendly customer service, sales knowledge, and team player. Interested in reaching my full potential and continuous personal growth through the next step in my career path. Recognized by leadership staff, co-workers, and peers as a hardworking, caring, and competent individual.

Education

Western Michigan University

Major: Recreation

Minor: Management

Graduation Date:

December 16, 2006

Certifications

NETA (National Exercise Trainers Association) Group Exercise
FMS (Functional Movement Systems) FMS Level 2
First Aid/CPR/AED

Past Experience

Greenville YMCA

10/15/14-Current

721 Cleveland St
Greenville, SC 29601

Supervisor: John Hamrick

Title: Group Exercise Director

Duties: Oversee 50 plus part time employees by monthly scheduling for over 150 Group Exercise classes per week between two main branches of the Greenville Y, Caine Halter and Verdae. Schedule and implement Group Ex Continuing Education Workshops throughout the year by collaborating with outside certifying organizations. Perform bi annual performance reviews for each instructor. Implement class schedules to fit community needs as well as

industry trends. Conduct any disciplinary action meetings as needed and provide support to each instructor's growth.

Performance Therapy**12/24/13-10/15/14**

1 Bell Caledon Court Suite B
Greenville, SC 29615

Supervisor: Brad McKay**Title:** Functional Movement Screen Specialist

Duties: Conduct thorough client assessments using the Functional Movement Screen System. Peek client interest and motivation to take ownership over improving their fundamental movement patterns in order to improve their wellbeing and risk of further injury. Guide clients through thirty minute sessions of necessary corrective exercise strategies and functional strength and conditioning.

Asheville YMCA**9/8/10-12/15/13**

30 Woodfin St
Asheville, NC 28801

Supervisor: Virginia Maziarka**Title:** Wellness Coach/Personal Trainer

Duties: Build lasting relationships with members through exceptional customer service. Conduct appointments to set members up with computer generated individual workout plans including proper machine settings, weight lifted, and use. Schedule one on one session for detailed, specific, and goal oriented personal training.

Hobbies

I enjoy reading books and listening to podcasts that help me grow, further my education, and motivation. I also like to get out and snowboard, go horseback riding, backpacking, and hiking whenever I can.

Reference Available Upon Request