



themisslanz

HEATHER LANZ

AVAILABLE FOR:

HIRE & FREELANCE

Website
themisslanz.com

Phone Number
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Seeking a design position with a flexible schedule in the health and fitness industry.



Fitness



Health



Education



Business



Design

EDUCATION



Mount Sierra College | Monrovia, CA
Graphic Design



Took courses emphasizing in graphic design and media such as web and motion graphics.

October 2013-December 2016

WORK EXPERIENCE

Fit Miss Lanz Training | Covina, CA
Private Personal Trainer

Train clients, either in a small group setting or one-on-one. I assist them with their fitness goals, which includes improving a client's muscular endurance, strengthening a client's cardiovascular capabilities, and increasing a client's physical flexibility.

October 2014-present

Advocare
Independent Distributor

A Distributor or Independent Distributor is a person who sells products for a multilevel marketing company while acting as an independent contractor.

August 2014-present

24 Hour Fitness | West Covina, CA
Personal Trainer

B.P.U.S.D. | Baldwin Park, CA
Substitute Clerk & Instructional Aide

A teaching-related position within a school generally responsible for specialized or concentrated assistance for students in elementary and secondary schools.

24 Hour Fitness | Arcadia, CA
Personal Trainer

Service Representative

Interact with customers on behalf of an organization, provide information about products and services, take orders, respond to customer complaints, and process returns.

2014

2013

2012

2011



Art Center At Night | Pasadena, CA
Graphic Design
2010-2013



Mt. San Antonio College | Walnut, CA
Graphic Design & Kinesiology

2008-2010

VOLUNTEER WORK

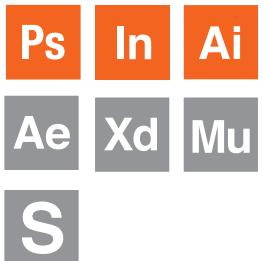
Free Circuit Training at the Park | Covina, CA
Personal Trainer

Designed unique workout plans and nutrition plans for attendees of park workout. Classes were held once a week on Saturday mornings

M.D.F.M.F. | Baldwin Park, CA
Art & Media Director

Designed several marketing pieces for music foundation including logo, flyers, posters, mailer cards, business cards, t-shirts, and forms.

APPLICATIONS USED



CERTIFICATIONS

National Exercise Sports Training Association (NESTA)

- Certified Fitness Trainer (CFT)
- Fitness Nutrition Specialist (FNS)
- Sports Injury Specialist (SIS)
- Fitness Competition Trainer (FCT)

REFERENCES

VIDA F.
Treasurer for MDFMF

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DEBBIE D.
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