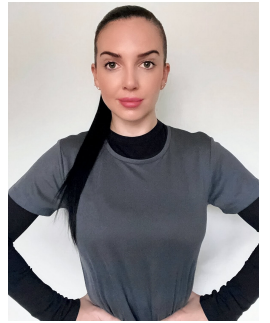


Lauren Yates



Personal Trainer | Fitness Professional | Aspiring Assessor

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Professional Profile

Motivated and client-focused fitness professional with 10 years of diverse experience across PT, rehabilitation, studio management, and online coaching. Skilled in program design, client engagement, and specialist populations. Currently pursuing the Assessor qualification, with a long-term goal of supporting and mentoring the next generation of fitness professionals in a remote capacity. Technically savvy, highly organised, and passionate about education, rehabilitation, and fitness for all abilities.

Fitness Qualifications

- Level 3 Diploma in Personal Training - Diverse Trainers
- Level 2 Fitness Instructor - Train Fitness (July 2016)
- Level 3 Adapting Exercise for Ante & Postnatal Clients - HFE
- Working towards Assessor qualification with Train Fitness
- AFAA Practical Pilates – 2022
- Complete First Aid at Work - Updated 2019
- DBS Certificate - 2022–2023

Education

BSc (Hons) Criminal and Forensic Psychology - University of Greenwich (2:1, 2015)

A Levels: Psychology (A), Religious Studies (A), Sociology (A), AS Photography (Grade)

GCSEs: 17 qualifications including English (A), Science (A), PE (A), Maths (B)

Professional Experience

Lean Wellness Studio / Online Coaching

Founder, Head Coach- Sold February 2025 | 2023 - Present
Online Coaching

- Built and managed a boutique studio with 15 PTs offering bespoke client training
- Delivered online coaching services with high client retention and transformation success
- Currently transitioning to focus on fully remote PT and mentoring/ assessing work

Longevity Health & Fitness

Personal Trainer | 2022 - Sept 2024 (Part-Time)

- Specialised in working with clients with complex conditions (e.g. spinal injuries, Parkinson's, cancer rehab)
- Collaborated with medical professionals to support post-surgery recovery plans
- Created tailored programs for safe reintroduction to movement and long-term function

PGPT – High-End PT & Client Care

Client Care Manager / PT | 2019 – Aug 2022

- Delivered in-home personal training for premium clients with privacy and discretion

- Managed client progress, nutrition accountability, and fitness app communications
- Led social media outreach and up-selling of packages for the company director

Blueprint Fitness

Personal Trainer | Dec 2018 – Sept 2019 (Part-Time)

- Designed 16-week transformation programs including nutrition and weekly check-ins
- Supported clients with consistent tracking (MyFitnessPal, step goals, body comp)
- Attended weekly workshops to enhance knowledge and best practices

Self-Employed PT | Flex PT Studio, Envision, Home Visits

Freelance PT | 2018 – Present

- Delivered bespoke training to clients across locations including injury rehab clients
- Managed own scheduling alongside multiple roles, demonstrating time efficiency

Mill Hill Private School: Enterprises Sports Centre

Duty Manager (Part-Time) | 2018 - Present

- Oversaw full facility operations, bookings, events, health & safety, and staff supervision
- Managed memberships, contracts, cash handling, and facility compliance

Mindset Boutique Studio

General Manager - Start-up Contract | July - Sept 2018

- Recruited and trained team during pre-sale to launch phase of luxury fitness studio
- Managed class scheduling, instructor auditions, corporate partnerships & launch events
- Led membership strategy, social media and ambassador marketing

The Laboratory Spa & Health Club – Muswell Hill

Senior Coach / Gym Manager / Fitness Instructor | 2016 – 2018

- Managed PT team, set KPIs, hired staff, and ran weekly performance reviews
- Delivered coaching and member inductions; organised events and health assessments
- Led internal team training, rota creation, holiday requests, and maintenance reporting

Reed Recruitment

Permanent Consultant - Property & Construction | 2015 - 2016

- Managed full 360 recruitment cycle for trades and management roles
- Awarded “Manager’s Star Consultant” for resilience and consistency

Laboratory Spa & Health Club (Front of House / Lifeguard)

Various Roles | 2011 - 2015

- Handled reception duties, cash reconciliation, event coordination, lifeguarding and plant room checks
- Trained in customer service, health and safety, and emergency response

Key Skills

- Remote Coaching & Online Training
- Post-Rehab & Specialist Population Programming
- Client Retention & Progress Tracking
- Studio Management & Team Leadership
- CRM & Fitness Apps (Trainerize, MyFitnessPal)
- Social Media & Marketing Support
- Sales, Consultations & Membership Growth

References

Available upon request

Client testimonials also available