

Rodrigo Andres Blanco Villarroel

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(714) 824-1918

Hardworking, reliable, and highly trained Fitness Coordinator seeking a management level position in which I can utilize my skill-set in team organization and customer service.

EDUCATION

California State University, Fullerton

Class of 2013

- Bachelor of Science in Kinesiology with a concentration in Clinical Science

CERTIFICATIONS

- CPR and First Aide certified

WORK EXPERIENCE

Laguna Woods Fitness Centers

Fitness Coordinator/Personal Trainer, September 2011 - Present

- Capable of providing excellent and consistent customer service
- Responsible for the scheduling and supervision of staff
- Charged with keeping staff protocols current
- Assisted Supervisor with training staff in new fitness and safety protocols
- Managed conflict resolution in fitness centers
- Coordinated and supervised the Annual Battle of the Fitness Centers event
- Developed new group training classes to be incorporated into the permanent schedule
- Performed client assessments and communicated with them to determine the best way to achieve their personal fitness goals
- Developed routines to help clients avoid injury while maximizing effort and facilitating their attainment of personal fitness goals
- Trained clients in one-on-one and group sessions to complete strength training exercises and proper weight-lifting techniques safely and effectively, always taking into account individualized physical limitations
- Supplied clients with lists of exercises and activities to complete on their own when requested

SKILLS

- Fluent in Spanish – written and verbal communication
- Leadership: personnel management and team building, organized and proactive with a self-starter work ethic and excellent problem solving and troubleshooting abilities
- Computer: Microsoft Office, PowerPoint, Word, and Excel
- Capable of providing general administrative support
- Knowledgeable of exercise equipment operation and basic maintenance

REFERENCES

- Peter Quan, Supervisor at Laguna Woods Fitness Centers; Mobile: (714) 334-1060
- Roberta McCarty, Client at Laguna Woods Fitness Centers; Mobile: (949) 572-3256
- Brian Gonzalez, Point of contact for volunteer work with Diocese of Orange; Mobile: (714) 655-5058