

Charly Dolman

Personal Trainer

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Date / Place of birth

1989/20/03, New York

Nationality

American

Driving license

Full

Skills

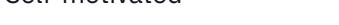
Knowledge in Nutrition



Proficient at sales



Self-motivated



Organized



Energetic and upbeat



Effective communicator



Profile

High energy Personal Trainer with 8 years experience in personal and group fitness. Proven track record in motivating clients to safely achieve weight loss goals through detailed and effective diet plans. Certified ACE Instructor with CPR training and a talent for developing fitness programs that exceed revenue targets and increase memberships.

Employment History

Personal Trainer, Blink Fitness, New York

October 2023 – Present

Blink Fitness is an inclusive fitness brand with state-of-the-art gyms in more than 90 locations across the US. As the Personal Trainer, my core activities include:

- Preparing comprehensive diet plans based on clients' weight and health goals.
- Assisting with marketing efforts to retain existing clients.
- Leading fitness groups of 10-20 clients three times per week.
- Developing new fitness workshops. Increased new memberships by 32% by end of 2017.
- Tracking client progress using specialized software to generate accurate reports.

Personal Trainer, Astor Place, New York

April 2022 – September 2024

NYSC Flagship Astor Place is a high-end health club in New York. As the Personal Trainer, my core activities included:

- Designing and implementing tailored fitness programs for upscale clients.
- Training 70 clients per month where 85% reached their fitness goals within six weeks.
- Advising individual clients on health, nutrition, and lifestyle changes.
- Providing clients with safe and effective exercises they can perform at home.
- Demonstrating exercises for all clients to ensure proper technique.

Personal Fitness Trainer, Crunch Fitness, New York

February 2021 – March 2022

Crunch is a health club chain that leads the industry in fusing fitness and entertainment. As the Personal Trainer, my core activities included:

- Designing one-on-one nutritional plans for clients. More than 87% achieved their weight loss goals.
- Introducing new gym members to personal training packages and conducting tours of the health club.
- Ensuring proper use and cleanliness of gym equipment.
- Participating in PT Department meetings and promotional events.

Education

Bachelor's Degree in Kinesiology, Syracuse University

June 2018 – January 2021

Certification in First Aid and CPR

November 2022

ACE Certified Group Fitness Instructor

March 2020

ACE Certified Personal Trainer

January 2019