

Timothy Cederberg
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EMPLOYMENT EXPERIENCE:

Pittsfield High School, Pittsfield, Massachusetts

Special Education Teacher

October 2021-August 2023

- Teaching a small group of students and individuals inside and outside of the classroom
- Preparing and executing lessons and resources
- Assessing the students work done in class and creating individualized learning plans
- Developing and adapting individualized teaching methods that are suitable for each student
- Using special tools and equipment provided to stimulate an interesting learning environment
- Collaborating with teachers and staff to better individualize each students learning
- Updating parents on their child's progress and giving recommendations to promote a better learning environment at home

Healthtrax Fitness and Wellness Center, Bristol, Connecticut

Personal Trainer

February 2020-October 2021

- Administered fitness evaluation and assessments; devised client-specific programs accordingly
- Consistently achieved the highest monthly sales and retention rates at the Bristol location resulting in corporate recognition
- Introduced and educated new and current members to cardiovascular machines, flexibility and functional equipment, and resistance machines
- Utilized Microsoft Excel to design safe and effective exercise programs based on an individual's goals and needs
- Created and led group classes that target different fitness levels and needs

Northwest Connecticut YMCA, Torrington, Connecticut

Health and Wellness Director

May 2018-December 2019

- Oversee the revenue, budget, schedules, programs, and more than 30 employees across 5 departments of health and wellness
- Create, budget, staff, and implement new programs in the facility
- Developed growth in all existing programs of departments by up to 4 times of previous year
- Report monthly, quarterly, and annual highlights, concerns, and goals to senior management and board members
- Perform and sign off on all payroll for employees of 5 departments
- Conduct interviews and train all new hires for assigned department
- Organize 3 trail runs in our YMCA race series each year; generate sponsorships, race registration, create and mark course, gather and instruct volunteers on race day
- Spokes person for facility at community events, health fairs, and school functions
- Perform routine spot checks, preventative maintenance, keep equipment log up to date, order parts, and complete purchase order forms on fitness center equipment

Healthtrax Fitness and Wellness Center, Bristol, Connecticut

Medical Fitness Director/Physician Liaison

August 2017-May 2018

- Establish, cultivate, and maintain key relationships with over 20plus physician offices/hospitals across the state
- Personally generated \$25,000 of revenue in the first 3 months of implementation directly related to new partnerships with healthcare providers
- Prepare monthly and annual budgets for the facility, as well as the hospital liaison group
- Track and maintain critical data inputs (interactions, expenses, mileage, and materials delivered) on Microsoft Excel
- Administer on-site presentations with current and potential physician offices
- Sole contact for questions, follow-ups, and delivered materials for all physicians in the network
- Resolve any and all logistical issues in all capacities whether that relates to specific members or a physician's office
- Provide training in various areas which include but are not limited to facility policy, administrative responsibility, and fitness programs
- Assist creative team on seasonal marketing campaigns utilizing multiple platforms
- Provide support, development, and comprehensive scheduling for department
- Independently prepare and present weekly and monthly schedules reporting membership, revenue, and forecasts to upper management

Alternate Fitness Director/Head Coach

June 2016-May 2018

- Assist Fitness Director in daily operational business aspects focusing on membership relations and retention
- Record and maintain trainers' sales revenue in daily progress reports in Microsoft Excel
- Organize and facilitate scheduled meetings with supporting team members weekly discussing logistics, needs, and any other issues requiring attention
- Create comprehensive schedules for all fitness employees to ensure maximum coverage and efficiency

Personal Trainer

May 2013-May 2018

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EDUCATION:

CareerFoundry, Online

Sept 2023-Feb 2024

Full-Stack Web Development

North Park University, Chicago, Illinois

May 2012

Bachelor of Science, Exercise Science - GPA: 3.161/4.0

- Four-year letterman in Baseball