1. Kept studio area safe, organized and comfortable for students.
2. Maintained positive relationships with class members through personalized and knowledgeable service.
3. Developed safe and effective exercise programs for class members.
4. Cultivated positive relationships with participants by interacting with group during fitness classes.
5. Explained different yoga styles and poses to students.
6. Maintained cleanliness of group fitness room, mirrors, floor and fitness equipment.
7. Served as point of reference for fitness expertise within club.
8. Adhered to all facility rules for safety, compliance and continuing education.
9. Instructed gym members about correct use of weight resistance and cardiovascular equipment.
10. Led up to [Number] classes per week.
11. Designed and implemented [Number] fitness instruction classes, including [Type] and [Type] classes.
12. Administered fitness assessments, including [Type] and [Type].
13. Informed clients about nutrition, lifestyle issues, and weight control.
14. Promoted fitness center programs such as youth and adult swim team programs.
15. Educated clients on effective ways to exercise while on business travel, at home and on vacation.
16. Actively listened to customers' requests, confirming full understanding before addressing concerns.
17. Created spreadsheets using Microsoft Excel for daily, weekly and monthly reporting.
18. Motivated clients to achieve their personal fitness goals through developing and modifying routines.
19. Developed and implemented performance improvement strategies and plans to promote continuous improvement.
20. Improved [type] through consistent hard work and dedication to [project or department or task or customer].