1. Created relaxing ambience and protected students from distraction during [Type] yoga classes.
2. Planned, set up and led yoga classes for beginner through advanced practitioners.
3. Built connections with students to increase comfort with class and encourage return visits.
4. Instructed students in breathing, meditation and [Technique] yoga techniques to improve strength and flexibility.
5. Incorporated safety, fun and creativity in lesson design and application.
6. Educated clients on effective ways to exercise while on business travel, at home and on vacation.
7. Informed clients about nutrition, lifestyle issues, and weight control.
8. Developed new yoga skills through continuous study and practice.
9. Maintained cleanliness of group fitness room, mirrors, floor and fitness equipment.
10. Instructed gym members about correct use of weight resistance and cardiovascular equipment.
11. Designed and implemented [Number] fitness instruction classes, including [Type] and [Type] classes.
12. Promoted fitness center programs such as youth and adult swim team programs.
13. Motivated clients to achieve their personal fitness goals through developing and modifying routines.
14. Cultivated positive relationships with participants by interacting with group during fitness classes.
15. Administered fitness assessments, including [Type] and [Type].
16. Created spreadsheets using Microsoft Excel for daily, weekly and monthly reporting.
17. Actively listened to customers, handled concerns quickly and escalated major issues to supervisor.
18. Served as point of reference for fitness expertise within club.
19. Demonstrated respect, friendliness and willingness to help wherever needed.
20. Conducted research, gathered information from multiple sources and presented results.