Alexander Vandenesse

804-519-5717

vandenessea96@gmail.com

6006 Pollard Drive, Richmond Va. 23226

Objectives

Seeking an exciting and rewarding career helping others reach their goals and aspirations

Education

Virginia Commonwealth University

May 2010| Bachelor of Science – Pre-Physical Therapy

* 3.2 cumulative GP
* Dean’s List: Fall 2005, 2006 and spring 2007, 2009

ETS PRAXIS Exam

* Passed, Scored 168

NCCPT Personal Training Certification

* August 1, 2020 to August 1, 2022

CPR Certified

* May 2020 to May 2022

Experience

**4 Pillars Performance LLC, 11/2020 – Present**

* Gathering specific fitness information on individual prospective clients
* Research and develop exercise program routines to enable clients to reach their goals
* Coaching clients and guiding them through their specific exercise regimens

**Uber Partner, Richmond VA, 05/2019 – Present**

* Providing exceptional customer service
* Safely and efficiently taking riders to their destination
* Safely and efficiently carrying food orders to their destination

**Gold’s Gym Willow Lawn, Personal Trainer (PT), Richmond VA, 05/2010 – 08/2020**

* Examined prospective clients to gather all necessary information regarding their health and fitness
* Researched and provided exercise routines tailored to my individual client goals
* Designed extensive nutritional guidelines and schedules tailored to individual client objectives
* Investigate client billing invoices for correct account charges
* Attended weekly leadership meetings and provided them with positive feedback as well as presented ideas to the team

**Virginia Commonwealth University (VCU), Fitness Wellness Associate (FCM), Richmond VA, 01/2008 – 05/2010**

* Assisted in promotion of physical health and wellness everyday
* Responsible for cleaning and checking equipment for proper safety and function
* Provided feedback on customer concerns

**Virginia Commonwealth University (VCU), TEENs Intern, Richmond VA, 01/2009 – 05/2009**

* Guided cardiovascular and resistance exercise programs
* Motivated and trained overweight children

**Center for Physical Therapy and Sports Medicine, PC Intern, Richmond VA, 08/2009 - 12/2009**

* Provided quality care, prepared ice and heat packs
* Prepared work environment, cleaned and organized
* Developed entry level skills in assisting patients

**Chippenham Johnston Willis (CJW) Sports Medicine Clinic, Richmond VA, 01/2010 – 05/2010**

* Assisted strength and conditioning coaches in training and supervision of athletes
* Carefully shadowed strength and conditioning coaches
* Documented strategies behind exercise prescription

Reference Page

Dr. Hayri E. Sangiray, DO

Board Certified Dermatologist

Parham Doctor’s Hospital MOB II

757-846-3896

7650 East Parham Road, Suite 200

Richmond, Virginia 23294

Stan Gasiorowski

Retail Operations Manager

Virginia Paint Company

804-247-0965

4307 West Broad Street

Richmond, Virginia 23230

J. Stephen Wilton

Systems Manager

United Network for Organ Sharing

804-269-2260  
Stephen.wilton@unos.org

700 N. 4th Street

Richmond, Virginia 23219