

Zachary Sievers

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Adaptive, holistic Wellness Specialist with 4+ years in the wellness industry focused on incorporating exercises to meet the fitness needs of individuals. Interpersonal style leader, proven to create a positive and encouraging atmosphere for individuals to achieve their fitness goals.

EXPERIENCE

Clayton Homes, Wellness Specialist | 2017- 2019

- Develop and manage schedules for group fitness instructors for classes; coordinate local vendors for locker room supplies, produce for employees, and food trucks for company wide events
- Lead and program weekly exercise classes involving over 150 employees
- Manage gym membership and gym equipment- both purchasing and maintenance
- Train new employees through quarterly wellness orientation presentations
- Implement health initiative programs such as TRIBE- raising company wide gym participation by 22%
- Generate and present monthly data reports regarding gym activity and group fitness class numbers
- Stimulate 17% growth in gym activity through rebranding group fitness culture of 1500+ onsite employees
- Manage purchasing within fitness budget

Blount Memorial Wellness Center | 2015-2017

- Motivated geriatric clientele by tailoring workout programs to fit their specific health needs
- Guided weekly HIIT group fitness classes
- Trained 13-85 year old clients to achieve specific health and fitness goals

EDUCATION & CERTIFICATIONS

University of Tennessee, Knoxville | 2012 -2014

- Bachelor's of Science in Kinesiology

Pellissippi State Community College | 2010-2012

MOSSA Group Fitness Instructor | 2017-2018

- Group Power
- Group Centergy

American Red Cross Certified | 2017-2020

- CPR, First Aid, AED

SKILLS

Purchasing | Training | Coaching | Client relations | Leadership | Content creation | Reporting | Managing