**OBJECTIVE**

A wellness program director position in a health and wellness facility

**EDUCATION**

**Bachelors of Education, Kinesiology, 2015**

California State University San Marcos – San Marcos, California

Honor Society, 2015

Relevant Coursework:

|  |  |
| --- | --- |
| * Exercise Physiology for Special Populations | * Techniques and Analysis of Fitness and Weight Training |
| * Exercise Fitness and Health | * Adapted Physical Education |
| * Stress Testing and Exercise Prescription | * Nutrition for Health and Exercise for Performance |

**CERTIFICATIONS**

* National Academy of Sports Medicine Personal Trainer; 2/2012-2014
* CPR/AED- expires January 2017
* American Council on Exercise Barre Certification; 2012

**WORK EXPERIENCE**

**Assistant Fall Proof Instructor**- February- April 2015

San Marcos Senior Center, San Marcos, CA

* Assisted in Fall Proof instruction for balance and mobility training to reduce fall risk at a local community senior center with 8 seniors
* Provided direct safety measures during class resulting in zero injuries

**Personal Trainer and Wellness Coach**- June 2012-present

* Assesses client health history, needs and goals
* Create and organize successful fitness plans with daily monitoring and guidance
* Motivate and counsel clients concerning fitness, health, wellness, and nutrition resulting in client retention
* Manages online client billing and recordkeeping

**Personal Trainer and Group Instructor**- August-December 2012

Border View YMCA, CA

* Implemented new wellness programs launched by the company and received recognition for outstanding performance
* Provided personalized health and fitness programs based on members’ health history, physical and medical needs, and goals
* Developed and implemented a Pilates/Yoga physical education class for the Chula Vista Community Learning Charter School (Average age 14). (September-November)
* Developed and implemented a Beyond the Barre with Hoop Fitness Fusion class (Average age 30) (October-December)
* Developed and implemented a Senior Barre and Flexibility class (Average age 50) (November-December)

**VOLUNTEER EXPERIENCE**

* Coordinated fundraising events for Leukemia and Lymphoma Society and raised money for donations -Summer 2013-2014
* Assisted Donate Don’t Dump Food Distribution- Fall 2014
* Coordinated Wedding- January 2012
* Assisted and facilitated Adapted Physical Education Bowling event-Fall 2010

**SKILLS**

* Resolves customer issues in a professional and timely manner
* Creates and implements new fitness programs regularly
* Purchases items within budget
* Completes projects and tasks within deadlines
* Organize and delegate jobs to peers in a professional manner