

SAMPLE ONLY - WHILE THE SCHOOLS AND COMPANIES USED IN THIS RÉSUMÉ ARE REAL, THE PERSON IS FICTIONAL. ANY RESEMBLANCE TO REAL PERSONS, LIVING OR DEAD, IS PURELY COINCIDENTAL

JOHN DOE

2465 COUNTY RD 23. BELLEVILLE, ON, N8K 8K8. 613-969-6595

SKILLS SUMMARY

- Certified Personal Trainer
- Experience providing goal oriented training sessions to a variety of clients
- Ability to accurately assess fitness and health levels
- Strong choreography skills for developing unique group fitness classes
- Organized with excellent time management skills

EDUCATION AND TRAINING

Fitness and Health Promotion, Loyalist College, Belleville, ON- 2014

- *Related courses include, Exercise Physiology, Human Anatomy and Physiology, Lifespan Development, Fitness and Injury Assessment and Nutrition*

Certified Personal Trainer - Modules 1 & 2 (CESP) – 2014

Level 1 Weight Training Instructor (Ontario Fitness Council) – 2014

Group Fitness Instructor (Ontario Fitness Council) – 2014

NCCP – Level 1 – 2013

High 5 Certified - 2013

First Aid and CPR Certified, St. John Ambulance - 2013

RELEVANT EXPERIENCE

Personal Trainer, Loyalist Fitness Centre, Belleville, ON – 2014

- Created client based training sessions for staff at Loyalist to meet personal goals
- Assessed clients health and fitness levels prior to sessions
- Taught clients proper use of equipment and safe techniques for weight lifting

Placement Student, Goodlife Fitness Centre, Belleville, ON – 2014

- Shadowed experience Personal Trainers during one-on-one training sessions
- Let group fitness classes in STEP and MIX IT UP
- Gained experience with client booking system and registration methods

Placement Student, Belleville, YMCA, Belleville, ON– 2014

- Researched fitness trends and presented report to management on potential new exercise classes for incorporation into schedule
- Assisted members with use of equipment
- Co-led group exercise classes including Aqua Fit

ADDITIONAL EXPERIENCE

Customer Service, Play It Again Sports, Belleville, ON – 2010-present

- Assist customers with purchase of specialized sporting equipment