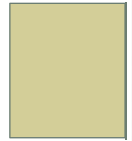


JOHN DOE

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 - 2010

- *Dean's List*

Certified Personal Trainer - Modules 1 & 2 (CESP) – 2010

Level 1 Weight Training Instructor (Ontario Fitness Council) – 2010

Group Fitness Instructor (Ontario Fitness Council) – 2010

NCCP – Level 1 – 2009

High 5 Certified - 2009

First Aid and CPR Certified, St. John Ambulance - 2009

RELEVANT EXPERIENCE

Personal Trainer, Loyalist Fitness Centre, Belleville, On – 2010

- 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 – 2010

- Shadowed experienced 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 – 2010

- 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 – 2008-present

- Assist customers with purchase of specialized sporting equipment
- Attend regular product training sessions to ensure accurate service is provided
- Maintain a clean and organized work environment