

George Anderson

Certified Personal Trainer

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Profile Summary

Dynamic and certified Personal Trainer with over 5 years of experience in designing customized fitness programs to help clients achieve their wellness goals. Passionate about improving fitness levels by utilizing comprehensive knowledge of exercise techniques and nutrition planning. Skilled in building strong client relationships and motivating individuals to adopt a healthy lifestyle.

Work Experience

Personal Trainer

Equinox Fitness

1st Jun, 2018 - Present

- Designed and implemented personalized training programs for over 50 clients, improving their fitness levels by an average of 20%.
- Increased client satisfaction scores by 15% through effective communication and consistent client engagement.
- Conducted group fitness classes for up to 30 participants, consistently receiving excellent feedback for energy and motivation.

Fitness Instructor

Boston Sports Club

1st Mar, 2016 - 31st May, 2018

- Managed fitness schedules and ensured consistent quality of training services resulting in a 25% increase in membership retention.
- Collaborated with a team of trainers to launch a new strength-training program, attracting over 100 new attendees in the first three months.
- Awarded 'Instructor of the Month' for outstanding service and commitment to client success.

Education

University of Massachusetts Boston

Bachelor of Science in Exercise and Health Sciences

1st Sep, 2012 - 31st May, 2016

Skills

Personal Training, Fitness Programming, Nutrition Planning, Client Engagement, Group Fitness, Strength Training

Notable Projects

Wellness Workshop Series

Organized and delivered a series of wellness workshops focusing on holistic health practices, attended by over 200 community members.

Certifications

Certified Personal Trainer (CPT)

Issued by National Academy of Sports Medicine (NASM), 1st Jun, 2017

Nutrition Coach Certification

Issued by Precision Nutrition, 1st Sep, 2019

Awards

Top Trainer Award

Awarded by Equinox Fitness, 1st Nov, 2018