

George Smith

Fitness Instructor

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Profile Summary

Enthusiastic and dynamic Fitness Instructor with over 6 years of experience in fostering physical and mental well-being in individuals and groups. Proven ability to design and implement workout plans tailored to individual needs and goals. Possess excellent communication and motivational skills to inspire and engage clients, resulting in a 45% improvement in client retention rate in previous roles. Passionate about helping clients achieve their personal health objectives and promoting a healthy lifestyle.

Work Experience

Senior Fitness Instructor

Equinox Fitness

1st May, 2018 - Present

- Developed personalized exercise programs which resulted in 25% of clients achieving their fitness goals within 3 months.
- Led group workout sessions with up to 30 participants, increasing classroom engagement by 40% and positive feedback by 55%.
- Implemented a member referral initiative that grew new memberships by 20% over a single quarter.

Fitness Coach

Crunch Gym

1st February, 2016 - 30th April, 2018

- Trained and motivated over 200 members leading to a consistent 85% attendance in personal training sessions.
- Utilized innovative training techniques, contributing to a 30% improvement in client satisfaction scores.
- Spearheaded a high-intensity interval training program that increased gym participation by 15%.

Education

University of Southern California

Bachelor of Science in Exercise Science

1st September, 2011 - 31st May, 2015

Skills

Personal Training, Group Fitness Classes, Nutritional Guidance, Client Motivational Techniques, Program Development, Excellent Communication Skills

Notable Projects

Community Wellness Initiative

Designed and executed a twelve-week health and wellness program for the local community, resulting in increased health awareness and a 30% participation growth in local fitness activities.

Certifications

Certified Personal Trainer

Issued by American Council on Exercise (ACE), 1st January, 2016

Certified Group Fitness Instructor

Issued by National Academy of Sports Medicine (NASM), 10th August, 2019

Awards

Top Fitness Instructor of the Year

Awarded by Equinox Fitness, 5th May, 2022