

# Curriculum Vitae

**Female**

**D.O.B. 18 March 1980**

**Number of years working in industry: 19 years 2 months**

**Candidate ID Number:** 12762

**Nationality:** British

**Language Skills:**

Fluent: English

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Assistant Manager, Fitness Professional, Gym/Group Exercise Manager

## Personal Statement

I am a very fast learner, highly organised, efficient and adaptable. I have exceptional Sales & Customer Service Skills gained in Multinational environments... I am able to build strong relationships with team members & clients to achieve company goals.

Seeking work in International Locations

## Employment History:

**October 2010 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) Auckland, New Zealand, (Health Club)

### Duties included:

Sales, Personal Training, Admin, Gym Operations, Yogalates Classes

**September 2009 - September 2010 - Fitness Professional** at Fitness First Middle East, Amman, Jordan, (Health Club)

### Duties included:

Full Time Les Mills Instructor - BodyBalance, BodyPump, RPM & Yoga & Pilates. Teaching 65-85 classes per month..

**January 2009 - September 2009 - Fitness Professional** at Fitness First Middle East, Manama, Bahrain, (Health Club)

### Duties included:

Contract Personal Training, Freelance Les Mills Instructor

**June 2007 - December 2008 - Fitness Professional** at Abu Dhabi Country Club, Abu Dhabi, UAE - United Arab Emirates, (Health Club)

### Duties included:

Full time Les Mills Instructor, Personal Training including High Net worth Clients

**December 2004 - August 2005 - Spa Consultant** at Steiner Transocean, Caribbean, (Cruise Ship)

**Duties included:**

Sales of Elemis retail products, Personal Training, Exercise Classes

**Products worked with:**

Elemis

**Education and Qualifications:**

**2007 Fitpro Middle East**

Certificate

Les Mills BodyPump, BodyBalance & RPM

**2004 Multitrax UK**

Certificate

Exercise to Music

**2004 Future Fit**

NVQ

Personal Training, Advanced Gym Instructor & Nutrition

**1996 Bradon Forest School**

10 x GCSE - ALL GRADES A & B

**Product Training:**

**December 2004 All Elemis Retail products**

London - Steiner Elemis Training Academy

Sales training for sale of Elemis retail products.

**Hobbies and Interests**

I love to travel & enjoy keeping fit by jogging on the beach..

CV created at [www.spastaff.com](http://www.spastaff.com)

