

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:

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

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