

Curriculum Vitae

Female

Number of years working in industry:

15 years 1 month



Candidate ID Number: 12884

Nationality: British

Language Skills:

Fluent: English

Basic: French

Permitted to work in: Jamaica, UK - United Kingdom

Position Sought: Fitness Professional, Yoga / Pilates Teacher

Personal Statement

Seeking work in International locations

Employment History:

June 2013 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Nottingham, UK - United Kingdom, (Health Club)

Duties included:

Personal Trainer & Group Fitness Instructor

Responsibilities:

- Personal Training
- Group Fitness Instruction;
- Pilates
- Aqua
- Body Balance
- Core Stability

January 2011 - December 2012 - Fitness Professional at The Gym, Leicester, UK - United Kingdom, (Health Club)

Duties included:

Personal Trainer

Responsibilities:

- Personal Training
- Assisting clients to achieve target weight loss
- Bespoke nutrition and exercise programme
- Core
- Cardio
- Meet and greet new and potential new members
- Promote gym with flyer distribution
- Advise and demonstrate correct form and gym techniques
- Maintain gym equipment and facilities with regular safety checks

Career Break - Training - industry-related

January 2012 - April 2012 - Fitness Professional at The Athletic Club, Hamilton, Bermuda, (Health Club)

Duties included:

Personal Trainer & Group Fitness Instructor

Responsibilities:

- Personal Training
- Group Fitness Instruction;
- Spin
- Pilates
- Zumba

- Body Age Assessments
- Women on Weights Coordinator

Education and Qualifications:

2012

Zumba Fitness

Metafit

2011

Pilates Mat 1 and 2

Yoga

2010 Loughborough College

CYQ Level 3 Personal trainer

CYQ Level 3 Gym instructor

CYQ Principle of Nutrition and Weight Management

NVQ Level 3 Instructing Physical Activity & Exercise (Gym)

Principles of Nutrition to a Physical Activity Programme

Excercise to Music

Indoor Cycling - Spinning

Vocational Qualifications

LOUGHBOROUGH COLLEGE, Leicestershire England 2010-2011

Student

- Self financed to gain CYQ level 2 & 3 Personal Training certificate at Loughborough College Leicestershire

DANE FARRELL, Leicester England 2010

Shadowed Personal Trainer

- Observed Dane Farrell training techniques
- 8 or 12 weeks Boot Camps
- Before and after weight ins
- Nutrient advise

BIKRAM YOGA, Leicester England 2010

Student

- Hot Yoga

- Repair pulled tendon
- Improve flexibility
- Improve patience Improve flexibility
- Spiritual awareness

SPENCE STREET SPORTS CENTRE, Leicester England 2006-2010

Sports Fitness Instructor

Responsibilities:

- Advise and demonstrate correct form and gym techniques
- Organize group fitness
- Support and empower members with disabilities
- Junior to Senior group members

CPR & First Aid Certified

2010

Diploma in Art & Fashion Design

1979

C&Q Textile & Knitwear Design

1976

CV created at www.spastaff.com

