

Curriculum Vitae

Male

D.O.B. 05 February 1990

Number of years working in industry:

2 years 10 months



Candidate ID Number: 14245

Nationality: South African

Language Skills:

Fluent: English

Permitted to work in: South Africa

Position Sought: Fitness Professional, Yoga / Pilates Teacher

Personal Statement

Outgoing, Determined and competitive

Seeking work in International Locations and Cruise Ships

Employment History:

February 2012 - April 2012 - Fitness Professional at (most recent employer hidden for confidentiality) Caribbean, (Cruise Ship)

Duties included:

My duties included various classes taught daily with the classes reaching up to to 30 clients ages 13+ with a duration of 30 minutes - 1 hour with music. Clients were from all over the world mainly New York and Baltimore.

- Sales promotion for Elemis health & wellness products as well as GoodFeet arch supports
- Personal training,
- Group fitness instructor,
- Yoga instructor (1 hour class daily),
- Pilates instructor(1 hour class daily),
- Teen and Adult Boot camp instructor(1 hour class daily),
- Spinning instructor(1 hour class daily),
- Stretch instructor(30 minutes class daily),
- Body Conditioning instructor(30 minutes class daily),
- TRX(suspension training) instructor(1 hour class daily),
- Designing personalised exercise programmes,
- Designing nutritional and supplement programmes (2 daily)
- Conducting seminars on Detoxification, Nutrition and Exercise(2 seminars daily).
- Analysing of client's body composition and creating programs according to the results and any medication being used (2 daily).
- General management of the gym.
- Stock take of products sold in gym.
- Planning of various classes being held in the gym.
- Checking equipment and replacing if needed.
- Making sure guests are satisfied with the gym .
- Supervision of classes and gym.

Hours that I work are usually 12-14 hour days

Products worked with:

Elemis, GoodFeet

July 2011 - February 2012 - Fitness Professional at Norwegian Cruise Lines, New York, (Cruise Ship)

Duties included:

My duties included various classes taught daily with the classes reaching up to to 30 clients ages 13+ with a duration of 30 minutes – 1 hour with music. Clients were from all over the world mainly New York and Baltimore.

- Sales promotion for Elemis health & wellness products as well as GoodFeet arch supports
- Personal training,
- Group fitness instructor,
- Yoga instructor (1 hour class daily),
- Pilates instructor(1 hour class daily),
- Teen and Adult Boot camp instructor(1 hour class daily),
- Spinning instructor(1 hour class daily),
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Products worked with:

Elemis, GoodFeet

Career Break - Training - industry-related

July 2008 - August 2010 - Retail Professional at Muscle Science, Durban, South Africa, (Health Club)

Duties included:

- Promotions of bodybuilding and health supplements
- guidance on exercise and nutrition at major sporting events health stores, pharmacies and gyms.

Products worked with:

Muscle Science, Bio Science

Education and Qualifications:

2012 Health & Fitness Professionals Association

Diploma NQF5

- Exercise Science
- Personal Training
- Group Fitness
- Sport Coaching

2011 The Fitness Consultancy

Certificate

Yoga
Pilates

2007 Apollo Secondary

Matric with exemption

- Geography
- Afrikaans
- Biology
- English
- Mathematics
- Physical Science

Product Training:

July 2011 Elemis, Deep Drainage + Cal Metab + Silhoutte + Vitality

David Hay, Steiner Academy London

Seminars on Detoxification, Exercise and Nutrition

July 2011 GoodFeet

Steiner Academy, David Hay

Seminars on Walking in comfort and Back Pain

Vocational Qualifications

First Aid

Hobbies and Interests

All Fitness

CV created at www.spastaff.com

