

# 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 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 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),
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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 + Silhouette + 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

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