

Curriculum Vitae

Male

D.O.B. 19 December 1980

Number of years working in industry: 18 years 0 months

Candidate ID Number: 14316

Nationality: British

Language Skills:

Fluent: English

Basic: Welsh

Permitted to work in: UK - United Kingdom

Position Sought: Fitness Professional

Personal Statement

I am an honest, outgoing person and consider myself to have excellent personal skills. I love to learn new skills and be able to adapt those to my daily work. I am willing to undertake all aspects of the jobs that are involved within Leisure Clubs and feel I can fit in to any team.

I consider myself to be an asset to any company.

Seeking work in International locations and Cruise Ships

Employment History:

August 2012 - Present - Leisure Club Manager at (most recent employer hidden for confidentiality) liverpool, UK - United Kingdom, (Health Club)

Duties included:

- I was responsible for the day to day running of a 4* Hotel Leisure Club.
- I was responsible for staff recruitment and training. Profit and Loss/Budgeting
- processing members monthly fees through BACS transfer and purchasing/ordering of chemicals, pool plant operations and setting up and conducting personal training clients/sessions and conducting classes for members which included circuits, boxfit and aqua.
- I had to put forward monthly rotas depending on the needs of the business

September 2011 - August 2012 - Leisure Club Supervisor at Bellhouse Hotel, Beaconsfield, UK - United Kingdom, (Hotel Fitness Centre)

Duties included:

- I was responsible for the day to day running of a Hotel Leisure Club and Spa.
- I had a team of 6 fitness professionals and 2 spa therapists to supervise, train and ensure they were competent within their designated roles. I was in control of all cash and stock, I had to submit monthly forecasts and revenue income. I had to create profit/loss forms and ensure all staff were trained and progressing in their career goals.
- I had to submit rotas for the month ahead and cover reception whilst making sure all people who were using the gym had a program to benefit their goals and aims.

Products worked with:

Decleor, Jessica

September 2009 - June 2010 - Assistant Manager at Nailcote Hall Hotel, Berkswell, Coventry, UK - United Kingdom, (Hotel Spa)

Duties included:

- I was responsible for running all aspects of the leisure club under the managers guidance and in her absence
- My main duties include the day to day maintenance and cleaning tasks to sales, accounts and membership renewals.

Career Break - Traveling

September 2008 - August 2009 - Fitness Professional at JJB Health Club, Cardiff , UK - United Kingdom, (5 Star Hotel Spa)

Duties included:

- I was first required to help open the MI-FIT club in Llanishen where we were doing inductions on the equipment and also the Capital Retail Park, Wellness system in groups of up to 8 people.
- Also running workshops on the gym floor.
- In October we opened the JJB Health Club in Leckwith where we were taking orientations of the club and inductions to the kit in groups of six before booking the members in for personalised programmes.
- I held at least 1 workshop a day and was also employed as a freelance circuit trainer.
- I took the initiative to interact with members, giving advice, spotting weights and consider my actions to be responsible for high member retention at the club
- I reviewed the members every 4 weeks, adjusting their programmes if necessary.

February 2008 - August 2008 - Fitness Professional at Marriott Hotel, Cardiff, UK - United Kingdom, (Hotel Spa)

Duties included:

- I was required to set up and initiate classes for the members, these , included Circuit Training, Swiss Ball, Body Sculpture, Inch Loss Club.
- I also inducted new members into the gym and wrote programmes according to members goals.
- Pool plant room operations and general cleaning duties were included.

September 2006 - February 2008 - Leisure Assistant at Holland House, Cardiff, UK - United Kingdom, (Health Club)

Duties included:

- I was responsible for welcoming members and guests into the leisure facilities, giving tours, signing up new members and processing fitness assessments.
- I conducted Swiss ball and Circuit Training classes and inducted new members to the Technogym Wellness system.
- I carried out pool tests and maintained the plant room and also had a few clients for personal training sessions.

Education and Qualifications:

2008 Cardiff

Diploma

Powerplate Trainers Qualification

2003 Premier Global LTD

Degree Level

Diploma in Personal Training

- Fitness Trainer Award- level 1 + 2
- Circuit Training
- Health & Safety in the Workplace
- Sports Nutrition
- Body Massage

- Sports Massage Therapy
- Personal Development
- REPs level 3 registered

1997 Rumney High School

GCSE Maths 'A'

English 'B'

Science 'C'

Welsh 'C'

Drama 'B'

Media Studies 'C'

IT 'C'

Vocational Qualifications

I have a First Aid at Work Certificate

Pool Plant Operators

Functional Training (golf and rugby)

British Kickboxing

Hobbies and Interests

I am a keen cycler and also love to train in British Kickboxing although I dont compete. I like to play football for a local side and have tried many sports.

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