

Curriculum Vitae

Male

D.O.B. 03 May 1988

Number of years working in industry: 12 years 6 months

Candidate ID Number: 172177

Nationality: Indian

Language Skills:

Fluent: English, Hindi, Punjabi

Permitted to work in: India

Position Sought: Regional Senior Manager, Spa Manager, Salon Manager, Assistant Manager, Fitness Professional, Yoga / Pilates Teacher, Gym manager

Personal Statement

My best qualities are my dedication, adaptability, and ability to motivate others to achieve their goals. My current life goals are to empower people through fitness, grow as a leader in the industry, and make a positive impact on as many lives as possible.

Seeking work in international locations

Employment History:

January 2025 - January 2025 - Regional Senior Manager at (most recent employer hidden for confidentiality) New Delhi , (5 Star Hotel Spa)

Duties included:

- . Key responsibilities include:
 1. Leadership and Team Management:
 - Recruit, train, and supervise staff, including trainers and front desk employees.
 - Motivate the team to meet performance targets and provide excellent customer service.
 2. Sales and Membership Growth:
 - Drive membership sales by implementing marketing strategies and engaging potential clients.
 - Monitor sales targets and ensure monthly revenue goals are met.
 3. Member Experience:
 - Ensure a positive experience for members by maintaining high-quality customer service standards.
 - Address and resolve member concerns or complaints promptly.
 4. Facility Management:
 - Oversee the cleanliness, maintenance, and safety of the gym and its equipment.
 - Coordinate repairs and upgrades as needed.
 5. Financial Oversight:
 - Manage budgets, track expenses, and prepare financial reports.
 - Control payroll, inventory, and operational costs to ensure profitability.

6. Marketing and Community Engagement:

- Plan and execute local marketing campaigns and events to attract new members.
- Build partnerships with local businesses to promote the gym.

7. Compliance and Safety:

- Ensure the gym adheres to health, safety, and legal regulations.
- Implement staff training on safety procedures and emergency protocols.

February 2012 - August 2024 - Spa Consultant at JGJ Gym and Spa, Golds gym , India, (Health Club)

Duties included:

I hope this mail finds you well. I am writing to express my interest in the organisation . With more than 13 years of experience in the fitness industry and I am excited about the opportunity to contribute to your team. In my previous role at Golds gym and Transform Gym was working as Personal Trainer and Fitness manager.

I am a certified personal trainer through [Certifying Body ACE], and I have successfully worked with a diverse range of clients, from beginners to athletes, helping them achieve their desired results through customised fitness plans and nutritional guidance. My specialties include such as strength training, weight loss, general fitness , yoga and bodybuilding .

And I have also done Yoga teacher training course 200 hours (YTTC-200) from Vinyasa Yogashala registered yoga by yoga alliance . I have attached my resume for your consideration. I would welcome the opportunity to discuss how my experience and vision align with the goals of the organisation . I look forward to hearing from you.

Thank you for considering my application. I look forward to the possibility of contributing to your team.

Best regards,

Sahil Chawla

+971526100907

Education and Qualifications:

2025 Ace

Ace PT

Ace certified personal trainer

yoga teacher training course 200 hours offline from vinyasa yogashala affiliated with yoga alliance

Vocational Qualifications

First aid and cpr

Hobbies and Interests

1. Strength Training and Weightlifting - Showcases your commitment to fitness and understanding of exercise techniques.
2. Running or Cycling - Highlights your endurance and ability to set personal goals.
3. Yoga or Pilates - Emphasizes your focus on balance, flexibility, and mental wellness.
4. Team Sports - Reflects your teamwork and leadership skills.
5. Outdoor Activities (Hiking, Rock Climbing) - Displays your love for adventure and staying active.
6. Nutrition and Meal Planning - Demonstrates a holistic approach to health and fitness.

7. Reading Fitness-Related Books/Research – Shows your dedication to staying updated and continuously learning.
8. Coaching or Mentoring – Indicates your ability to inspire and guide others.
9. Participating in Fitness Challenges or Races – Highlights your competitive spirit and goal-setting ability.

CV created at www.spastaff.com

