

Curriculum Vitae

Female

D.O.B. 23 October 1994

Number of years working in industry:

3 years 7 months



Candidate ID Number: 176568

Nationality: Italian, Macedonian

Language Skills:

Fluent: English, Macedonian, Italian

Good: French

Basic: German

Permitted to work in: European Union, Macedonia

Position Sought: Fitness Professional, Swim / Aqua Fit Teacher

Personal Statement

Adventurous soul whose purpose is to change people's life

Seeking work in international locations and cruise ships

Employment History:

July 2022 - July 2023 - Fitness Professional at (most recent employer hidden for confidentiality) Luxembourg , Luxembourg, (Health Club)

Duties included:

I guided clients in safe exercise considering individualized physical limitations and strengths by offering regressive or progressive alternatives. I delivered Indoor Cycling classes supported by Intelligent Cycling App, stretching, Pilates, Cross Training, Strength, Endurance, "Core, Balance & Coordination", Explosivity oriented classes.

Career Break - Training - industry-related

December 2019 - July 2021 - Fitness Professional at Hilton Brighton Metropole, Brighton, UK - United Kingdom, (5 Star Hotel Spa)

Duties included:

I scheduled initial consultations with clients to define goals and fitness capacity. In addition to personal training sessions, I demonstrated Aqua aerobic classes and HIIT based workouts to help clients achieve their physical goals and enhance their overall wellbeing.

Career Break - Training - industry-related

Education and Qualifications:

2024 Parma University and Lunex

Bachelors

Sport science, Physical Education and Human Health, Parma University, Italy

Physiotherapy, Lunex, Luxembourg

2019 Italy

Bachelor

Sport and Physiotherapy

2019 Liceo Gioia, Piacenza

Vocational Qualifications

First aid, Pilates

Hobbies and Interests

Love nature, exploring my body with movement, plant based kitchen passionate, self growth seeker

CV created at www.spastaff.com

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