

Curriculum Vitae

Male

Number of years working in industry:

22 years 2 months



Candidate ID Number: 21328

Nationality: British

Language Skills:

Fluent: English

Basic: Greek

Permitted to work in: UK - United Kingdom

Position Sought: Fitness Professional, Yoga / Pilates Teacher

Personal Statement

My current goals are to get myself as fit, healthy and happy as I possibly can, to carry on enjoying my work and inspiring others to reach their health and fitness goals.

Seeking to work in the UK and International Locations

Employment History:

September 2013 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Paphos, Cyprus, (5 Star Hotel Spa)

Duties included:

Teaching daily classes of yoga, pilates, aqua tone, core conditioning, outdoor fitness, 5 and 10k outdoor runs and stretch classes.

Private sessions in personal training, corrective exercise, yoga and pilates and nutrition.

I have designed and run packages on week long retreats including weight loss, detox retreats, sports specific training for golf and tri-athlons, and running camps.

I am responsible for the financial revenue in which the fitness centre brings in, including revenue through our classes, private sessions, outside guest memberships, and fitness packages.

March 2013 - September 2013 - Fitness Professional at Neilson Active, Foca, Turkey, Turkey, (Hotel Fitness Centre)

Duties included:

- Responsible for running the fitness activities within the company's flagship resort.
- Teaching a vast amount of different fitness and wellbeing classes, such as Hatha and power yoga, pilates, boxercise, aqua aerobics, H.I.I.T classes, and many water based fitness activities such as kayaking, SUP fitness, and open water swimming.
- Held daily talks helping educate the guest on exercise, nutrition, health issues and how to use the mind to change unwanted habits and beliefs.
- Teaching kids fitness classes for ages from 2 to 16 years, incorporating lots of fun activities and fitness related games.

June 2011 - February 2013 - Spa Consultant at Caynon Ranch, Regent cruise shops, (5 Star Hotel Spa)

Duties included:

- Running the fitness department on luxury cruise ships for one of America's leading health and spa companies.
- Held popular weekly lectures on health, supplements, healthy feet and corrective exercise.
- Specialized in working with clients with foot and knee problems, working with one of the leading orthopaedic companies to help subscribe corrective orthotics.
- Working with service and retail revenue targets, selling supplements, foot wakers and orthotics, as well as personal training sessions
- Teaching daily fitness classes such as yoga, pilates, spinning, boxercise, body tone and stretch classes.

December 2010 - June 2011 - Fitness Professional at Stockport sports trust, Manchester, UK - United Kingdom, (Health Club)

Duties included:

- Supervising a team of 7 fitness trainers within the health club.
- Ensuring the fitness team surpassed all the company targets and figures and making sure the fitness department was run to the highest possible standard.
- Was responsible for the development of the fitness trainers and helping them also become successful personal trainers with a strong client base.
- Running the day to day operations aspect of the fitness centre and making sure everything was kept above company standards.

April 2010 - November 2010 - Fitness Professional at Sensatori, crete, Greece, (5 Star Hotel Spa)

Duties included:

- Working within a small team running the sports and wellbeing activities with the resort.
- Teaching many different sports and well being classes for both adults and children. This included yoga, pilates, pump fx classes, abs blast, as well as teaching many sporting activities such as football, basketball, family Olympics, water polo, and archery.
- Was responsible for promoting the sports and fitness activities with the resort and making sure we gave the best possible service to the guest.

May 2009 - April 2010 - Fitness Professional at Esporta, Manchester, UK - United Kingdom, (Health Club)

Duties included:

- Worked as an employed personal trainer as well as covering deputy manager shifts.
- Responsible for building my own client base within the club, ding on average 25 one to one personal training sessions per week.
- Taught many additional classes such as spinning, boxercise and circuits, as well as running the 6 week body transformation challenges.

February 2008 - May 2009 - Fitness Professional at L.A fitness, Manchester, UK - United Kingdom, (Health Club)

Duties included:

- As a senior fitness instructor, i was involved with regular duties, such as fitness inductions, maintenance of the gym and pool, as well as helping supervise the other instructors, ensure there successfully reach there set targets and KPI's..
- I taught many classes such as spinning, circuits, aqua, and kids sessions, as well as holding many internal group fitness challenges and events.

October 2003 - February 2008 - Fitness Professional at Achieve fitness, Manchester, UK - United Kingdom, (Health Club)

Duties included:

- I was the fitness manager in this independent fitness club, helping manage the clubs finances, membership's sales, and retail revenue as well as supervising 3 other instructors.
- Helped put in to place new membership and advertisement structure, personal training scheme, in house fitness classes and new retail products, which all helped boost the income revenue.
- As well as working as fitness manager, I held a large personal training client base, teaching both one to one and group sessions.
- I started working here as a part time fitness instructor whilst at college from Nov 2001

Education and Qualifications:

2003 Pendleton college

B-TEC National diploma in sports sciences C.S.L.A Sports leadership award

- Personal Training Level 3
- Practitioner in Neuro-Linguistic Programming, and Time Line Therapy
- Sports Practitioner in Neuro-Linguistic Programming
- Nutrition and weight management level 3
- Aerobics instructor and qualified in Pump fx and Fight fx.
- Yoga teacher trainer diploma 100hours
- Spinning instructor
- Circuit training instructor
- Power plate instructor
- Yamuna foot fitness trainer
- Client lifestyle and fitness assessment level 3
- Boxercise instructor
- Award in leadership and management

Hobbies and Interests

I am an active person, so enjoy doing outdoor activities as much as possible, such as running, swimming, hiking, and cycling. Fitness training, and yoga are part of my daily life and I like to do many fitness and charity events when possible.

I am quite a social person, so having a good social life is important for me, and I also enjoy exploring, learning about local history when I go to different places, and meeting new people.

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