

# Curriculum Vitae

Male

**D.O.B. 29 September 1977**

**Number of years working in industry: 31 years 5 months**

**Candidate ID Number:** 23675

**Nationality:** British

**Language Skills:**

Fluent: English

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Fitness Professional, Fitness Instructor/Fitness Supervisor

## Personal Statement

I am currently searching for vacancies as a Fitness Instructor within London or Surrey.

I have worked in the Fitness industry for 18 1/2 years and I recently was rewarded for 10 years loyal service for my role as a Fitness Instructor from my present employer.

I now feel that the time is right to move to a new employer where I can share my experience and training that I have gained over the years and further my skills in a new role. I have no previous experience in being a Fitness Supervisor but I am happy to apply for this position as well as a Fitness Instructor if no previous experience is required as I am willing and keen to learn all about this type of role to further my career.

I am an extremely loyal, reliable, dedicated and committed employee. During my time at The Club, I am proud that I have obtained the same clients for long periods of time, ranging from ages 18yrs - 90 yrs old due to my approachable and friendly manner and aim to assist all members in achieving their fitness goals.

I am happy to send you a covering letter with more information about myself if required or discuss my experience to date and my goals in person or on the telephone.

I hope to hear from you soon.

Seeking to work in the UK

## Employment History:

**December 2004 - Present - Fitness Instructor** at (most recent employer hidden for confidentiality) Fulham, London, UK - United Kingdom, (Health Club)

### Duties included:

Fitness Instructor Duties:

- Help and motivate members in the gym
- Interact with members and provide an excellent customer service
- Undertake inductions, reprograms and fitness testing
- Personal train members in the gym and around the grounds of the club
- Maintain cleanliness of equipment in the gym
- Create new gym challenges for members
- Teach ladies circuit training and abdominal classes to music as well as stability ball, medicine ball, bosu and power plate classes
- Ensure members abide by the gym rules and regulations

- Be on hand to assist members with their queries or complaints
- Communicate with team members and supervisors to ensure a smooth running of the gym
- Aim to achieve monthly targets set to ensure high member retention
- Help organise and take part in events held for members at The Hurlingham Club

**August 2002 - December 2004 - Health & Fitness Instructor** at The Grange City Health & Fitness Club, Tower Hill, London, UK - United Kingdom, (Hotel Fitness Centre)

**Duties included:**

Health & Fitness Instructor/Personal Trainer Duties

- Provide an excellent customer service to all members and guests
- Teach circuit training and abdominal classes
- Carry out induction programmes for members to meet their requirements and goals
- Assess members fitness performance
- Maintain cleanliness in the Club, Reception and Changing area
- Reception duties
- Money handling
- Membership sales
- Aim to reach membership and personal training sales targets
- Deal with members queries and complaints
- Monitor PH and chlorine levels in swimming pool

**June 1996 - August 2002 - Health & Fitness Instructor** at David Lloyd Leisure, Raynes Park, London, UK - United Kingdom, (Health Club)

**Duties included:**

Health & Fitness Instructor Duties:

- Provide a customer service within the David Lloyd standards
- Teach circuit training and other gym classes
- Teach a weekly junior fitness programme
- Book induction classes
- Set fitness programmes and assessments for members
- Organise gym events and competitions
- Assist in gym members social events
- Maintain cleanliness in the gym and changing area
- Aim to reach targets set for the monthly audits
- Reception duties

**September 1994 - June 1996 - Recreation Assistant** at Roehampton Recreation Centre, Roehampton, London, UK - United Kingdom, (College)

**Duties included:**

Part time Recreation Assistant Duties:

- Set up sports equipment
- Assist with children's parties and functions
- Provide a customer service to members
- Hire out sports equipment
- Maintain cleanliness in the Sports Hall
- Reception duties

## Education and Qualifications:

### 2006 Trained in house at David Lloyd Leisure and The Hurlingham Club

- Certificate
- Life Fitness Cardiovascular Machines Instructor Training
- Keiser Air Resistance Training
- First Aid at Work (valid for 3 years from 15/03/2012)
- Automated External Defibrillator
- Stability Ball Training Level 1
- YMCA Core Stability Advanced
- YMCA Strike! (Boxing)
- SAQ (Speed, Agility, Quickness)
- CRB checked - Disclosure no. 001271109126
- BEAT (Beat Eating Disorders) Certificate
- Excel XP - Introduction Certificate
- Stonebow Practical Training Certificate
- National Pool Lifeguard Qualification (qualification held whilst at David Lloyd Leisure but now expired)

### 1994 Rathbone Community Industry

- Premier Fitness Instruction
- Premier Personal Training
- Premier Circuit Training
- NVQ Sport & Leisure Level 1 & 2

### 1992 Southfields Community College

- GCSE PASSES
- Mathematics
- English
- Science
- Physical Education
- History
- Design & Technology

## Hobbies and Interests

### Interests

- Weight training

- Keeping fit and healthy
- Playing football and attending football matches
- Spending my free time with my wife and daughter
- Social evenings with family and friends
- Eating out

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