

Curriculum Vitae

Female

D.O.B. 12 February 1984

Number of years working in industry: 14 years 1 month

Candidate ID Number: 24172

Nationality: Pakistani

Language Skills:

Fluent: English

Permitted to work in: Pakistan

Position Sought: Fitness Professional, Yoga / Pilates Teacher

Personal Statement

To pursue a career as a group fitness instructor through which I can demonstrate my passion for fitness, health and overall well-being. I enjoy to teach, help and coach people to achieve their fitness goals and improve their lifestyle.

Seeking to work in the UAE

Employment History:

February 2012 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) Riffa , Bahrain, (Health Club)

Duties included:

- Initiating, promoting and managing recreational activities.
- Conducting personal appraisals and prescribing suitable fitness programs.
- Working closely with the Occupational Health and Safety Department and responding to

Current initiatives and company objective.

- Providing variety in the gym through circuit, TRX & Cross Fiand aerobics classes.
- Providing one-on-one training for clients seeking individualised training.
- Overseeing equipment maintenance, safety auditing and facility housekeeping.
- Initiating, promoting and managing recreational activities.
- Conducting personal appraisals and prescribing suitable fitness programs.
- Working closely with the Occupational Health and Safety Department and responding to
- Current initiatives and company objective.
- Providing variety in the gym through circuit traning, TRX & Cross fit, Aerobic classes.
- Providing one-on-one training for clients seeking individualised training.
- Overseeing equipment maintenance, safety auditing and facility housekeeping.

Products worked with:

Gym Instructor,Yoga ,Pilates,Aerobic,Cross Traning,TRX,

January 2019 - Present - Yoga / Pilates Teacher at Sash Luxury spa, Bahrain, Bahrain, (Day Spa)

Duties included:

- Evaluate clients' fitness levels and health conditions

- Build individualized exercise programs
- Explain exercises in detail and suggest alternatives if needed
- Monitor progress of clients' fitness levels
- Explain safe and proper use of gym equipment
- Lead both individual and group training sessions
- Evaluate clients' fitness levels and health conditions
- Build individualized exercise programs
- Explain exercises in detail and suggest alternatives if needed
- Monitor progress of clients' fitness levels
- Explain safe and proper use of gym equipment

Lead both individual and group training sessions

Products worked with:

Yoga , Pilates, personal training, spinning

January 2012 - January 2025 - Yoga / Pilates Teacher at Sash Luxury spa, Manama, Bahrain, (Day Spa)

Duties included:

- Evaluate clients' fitness levels and health conditions
- Build individualized exercise programs
- Explain exercises in detail and suggest alternatives if needed
- Monitor progress of clients' fitness levels
- Explain safe and proper use of gym equipment

Lead both individual and group training sessions

Products worked with:

yoga ,pilates ,spinning and personal trainning.

Education and Qualifications:

2010 M.sc in Health &Physical Education From Sarhad University Peshawar , Yoga certification from Yoga Wajahat Instituite from Karachi

Masters Degree In Health & Physical education2010 and Yoga Certification In 2013.

- Health & physical Education
- Yoga Cerification

2010 Sarhad university

Master

Anatmoy.physiology, injury rehabilitation.

2010 Sarhad university

Master

Health &physical Pducation

2010 Sarhard university

Master degree

2010 Sarhard university

Product Training:

January 2025 **Reformer pilates**
Bahrain
Pilates with reformer,caddillac,wunda chair, Tower, f2 spine corrector

January 2025 **I did my master health and Physical Education, I am certifiesd personal trainer,yoga,Pilates and spinning Trainer.**
Ms.Nada
Pilates Reformer Trainning

Vocational Qualifications

- First Aid
- Computer Skills:Micro soft,Excel,Power point
- Massage Threpy

Hobbies and Interests

- Yoga
- Sports
- Reading

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