

# 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 Fit and 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 training, 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 Training, 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:

<b>January 2025</b>	<b>Reformer pilates</b>  Bahrain  Pilates with reformer,caddillac,wunda chair, Tower, f2 spine corrector
<b>January 2025</b>	<b>I did my master health and Physical Education, I am certifiesd personal trainer,yoga,Pilates and spinning Trainer.</b> Ms.Nada  Pilates Reformer Training

## Vocational Qualifications

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

## Hobbies and Interests

- Yoga
- Sports
- Reading

CV created at [www.spastaff.com](http://www.spastaff.com)

