

Curriculum Vitae

Female

D.O.B. 16 December 1989

Number of years working in industry: 14 years 5 months

Candidate ID Number: 34551

Nationality: British

Language Skills:

Fluent: English

Basic: French

Permitted to work in: New Zealand, UK - United Kingdom

Position Sought: Fitness Professional, Yoga / Pilates Teacher, Swim / Aqua Fit Teacher, Receptionist

Personal Statement

I am a hard-working, fun and effective instructor who enjoys using the most up-to-date holistic understanding of health and fitness to help people achieve their well-being goals. My own personal goal at this time is to find a role on a cruise ship or overseas, combining my love for travelling, experiencing new cultures and the sea with my passion for teaching.

Seeking work in international locations and cruise ships.

Employment History:

May 2015 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) Purley, UK - United Kingdom, (Health Club)

Duties included:

While the club was still owned by LA Fitness, I used to predominantly teach Aqua and Indoor Cycling (Spin) classes. Now that it has been taken over by PureGym, the swimming pool has been filled in. I am now teaching yoga regularly with the club, as well as covering Pilates, Indoor Cycling and a variety of other disciplines. My role involves creating and delivering enjoyable and effective group and one-to-one workout sessions, maintaining a safe working environment, as well as the safety of my class members.

January 2013 - Present - Swim / Aqua Fit Teacher at Fusion Lifestyle, Waddon, UK - United Kingdom, (Health Club)

Duties included:

I used to teach permanently at this gym and after cutting down on my weekly classes, now just cover a variety of group exercise classes, including Spinning, Pilates, Aqua and Yoga.

August 2012 - January 2016 - Fitness Professional at Tandridge Trust Leisure & Culture, Caterham, UK - United Kingdom, (Health Club)

Duties included:

During my time with the company, I worked as a Fitness Instructor, one-to-one Pilates Instructor, Duty Officer, Receptionist, Lifeguard and Group Exercise Instructor. I taught a variety of classes, including Pilates, Yoga, Mindfulness Meditation, Stretch and Flexibility, Aqua, Body Conditioning, Stability Ball Pilates, Legs Bums and Tums, Circuits and Kettlebells. As well as preparing and delivering classes and one-to-one workout sessions, I was a keyholder for the health club and was responsible for the smooth running of the entire facility while I was on shift. I carried out health and safety checks and was also responsible for stock tacking, handling money, cashing up till registers, using the

Advantage computer system, responding to customer service queries, maintaining the swimming pool (including chemicals) and coordinating other staff members. I also prepared workout programmes and delivered gym inductions.

October 2012 - October 2013 - Fitness Professional at Alexander Hotels, Swanley, UK - United Kingdom, (Hotel Fitness Centre)

Duties included:

I worked as a group exercise instructor, teaching Aqua, Indoor Cycling, Pilates and Circuit classes.

January 2012 - June 2012 - Yoga / Pilates Teacher at Durham University Sports Centre, Durham City, UK - United Kingdom, (College)

Duties included:

I taught a Step Conditioning class for Durham University Sport Centre until I relocated home after completing my Bachelor of Science degree.

May 2011 - November 2011 - Receptionist at Bannatyne's Health Club, Chester-le-Street, UK - United Kingdom, (Health Club)

Duties included:

I worked as part of the Front-of-House team, on reception and in the cafe/bar. As well as general customer service duties, my role also included stock taking, opening and cashing up till registers and budgeting. During my time at the health club, there wasn't a cafe/bar manager and so the managerial duties were divided between myself and one other staff member. I left the job to begin the last few months of my undergraduate studies.

Education and Qualifications:

2013 Spin® (Surrey, UK)

Certificate

Spin® Instructor

2013 Evolve Leisure (Surrey, UK)

ActiveIQ Level 2

Kettlebell Instructor (REPs registered)

2012 YMCA Fit (London, UK)

Certificate

Supple Strength (Yoga & Pilates; REPs registered)

2012 Water Fitness (Surrey, UK)

+refresher training in September 2014. Certificate.

Aqua Instructor (REPs registered)

2012 Durham University (County Durham, UK)

BSc (Honours) Degree

Zoology (with Foundation)

2012 Absorb Fitness (County Durham, UK)

Certificate

Indoor Cycling (REPs registered)

2012 Absorb Fitness (County Durham, UK)

CYQ Level 2

Circuit Training Instructor (REPs registered)

2012 Absorb Fitness (County Durham, UK)

CYQ Level 2

Gym Instructor (REPs registered)

2011 Absorb Fitness (County Durham, UK)

CYQ Level 3

Pilates Instructor (REPs registered)

2008 Caterham School

A Levels:

Philosophy & Ethics (A); Photography (B)

AS Levels:

Psychology (B); Biology (B)

BTEC First Diploma in Public Services (Merit)

European Computer Driving Licence (Level 2)

GCSEs:

Maths (A); English Literature & Language (AA); French (A); Geography (A); Religious Studies (A); Double Award Science (BB); Drama (B)

Vocational Qualifications

RYA Powerboat Certificate Level 2 + VHF Radio (Aug/Sep 2013)

National Pool Lifeguard Qualification 8th Edition (April 2013)

PADI Advanced Open Water Certification

IT Skills:

European Computer Driving Licence (Level 2); Touch Typist (85 wpm); Microsoft Office Suite; GIMP & Photoshop (basic); Website creation programmes (inc Wix & Weebly); Blog creation sites (inc WordPress & Google); Google Scholar; Web of Knowledge; Social media sites (inc Facebook, Twitter & Instagram); Sales Force; Advantage; MapPoint; Dropbox; Google Drive; Google Groups; GoToMeeting, Skype.

Hobbies and Interests

Rock Climbing; Hiking; Hot Yoga; Scuba Diving; Orca (Killer Whale) Conservation; Writing (Creative & News Articles); Travelling.

CV created at www.spastaff.com

