

# Curriculum Vitae

**Female**

**D.O.B. 19 August 1990**

**Number of years working in industry: 8 years 0 months**

**Candidate ID Number:** 60959

**Nationality:** British

**Language Skills:**

Fluent: English

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

**Position Sought:** Fitness Professional

## Personal Statement

Very hard working and always striving to do my best and improve my skills and knowledge in my industry. Looking for new opportunities in this field to progress and challenge myself.

Seeking work in international locations and cruise ships

## Employment History:

**September 2018 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) Kuwait, Kuwait, (Health Club)

### Duties included:

One to one and group private sessions designed for individuals needs

Group classes such as boot camp, circuit, hiit and abs

**February 2018 - September 2018 - Fitness Professional** at Pendle leisure trust , Lancashire, UK - United Kingdom, (Health Club)

### Duties included:

One to one session with clients providing programs to Suit each individual needs, also group classes.

inductions into the gym and showing clients how to use equipment, cleaning down of equipment and being first point of contact in the gym.

## Education and Qualifications:

**2017 Nelson and colne college**

Diploma

Fitness instructing

personal training

## **Vocational Qualifications**

First aid qualification

sports massage therapist

## **Hobbies and Interests**

Walking, fitness training, reading, socialising

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

