

Curriculum Vitae

Female

Number of years working in industry: 24 years 1 month

Candidate ID Number: 67817

Nationality: British

Language Skills:

Fluent: English

Basic: Spanish

Permitted to work in: UK - United Kingdom

Position Sought: Fitness Professional

Personal Statement

I have lots of energy, and have a very positive outlook on life. I believe in taking care of ones-self physically and mentally, always looking at things objectively on how I can improve myself, as well as my work.

I would say I am very good at getting the best out in people, and have a way of motivating people to be able to achieve what they want to, which also helps their lifestyle and way of living. I am open and very honest.

My life goals at present are to make a change in my work, incorporating the skills that I have already achieved, as well as implementing my nutrition to help others on a bigger scale.

Seeking work in national and international locations and cruise ships

Employment History:

May 2007 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Queens Park, London, UK - United Kingdom, (Health Club)

Duties included:

I run my own PT business, helping people change their lifestyle habits, incorporating strength training, functional training, core stability, and weight loss. I teach group fitness, mainly spin, providing 45 mins of a varied workout, involving hill climbs, sprints, endurance and power.

Newley qualified as a Nutritional Therapist, which will entail looking at all the systems of the body, and where dysfunction has set in, then implementing a nutrition strategy that can help the client improve quality of life, as well as the problem that they came in for.

November 2019 - Present - Ride Instructor at Heartcore, NottingHill London, UK - United Kingdom, (Health Club)

Duties included:

I deliver bespoke ride classes for boutique fitness, using stages bikes of 45 minutes in length.

July 2019 - Present - Fitness Professional at Chelsea Harbour Club, Chelsea, UK - United Kingdom, (Health Club)

Duties included:

Delivering Les Mills Body Pump classes to the members of the Chelsea club. A metabolic/endurance weights orientated class of 45 mins, including all parts of the body in different tracks. Warm Up, Squats, Chest, Triceps, Biceps, Lunges, Shoulders, Abdominals and cool down.

April 2018 - Present - Spa Consultant at GOOGLE, Victoria, London, UK - United Kingdom, (Health Club)

Duties included:

Delivering Les Mills Body Pump classes to the members of the Chelsea club. A metabolic/endurance weights orientated class of 45 mins, including all parts of the body in different tracks. Warm Up, Squats, Chest, Triceps, Biceps, Lunges, Shoulders, Abdominals and cool down.

October 2017 - Present - Fitness Professional at Soho house, Shoreditch, London, UK - United Kingdom, (Health Club)

Duties included:

Delivering a bespoke results based spin class, using boards to help motivate the client.

September 2016 - Present - Fitness Professional at UBS, Liverpool Street, London, UK - United Kingdom, (Health Club)

Duties included:

Delivering my own style of spin classes, using monitors, and rpms, to help motivate the client. Class is varied, incorporating, hills, sprints, endurance, power, intervals.

January 2018 - August 2019 - Fitness Professional at GOOGLE , Tottenham Court Road, London, UK - United Kingdom, (Health Club)

Duties included:

Delivering my own personal style of spin, including warm up, flats, speed, endurance, hill climbs, power, and intervals.

September 2016 - September 2017 - Spa Consultant at Heartcore, NottingHill- London, UK - United Kingdom, (Health Club)

Duties included:

I deliver bespoke ride classes for boutique fitness, using stages bikes of 45 minutes in length.

March 2015 - June 2016 - Fitness Professional at Psycle, Central London , UK - United Kingdom, (5 Star Hotel Spa)

Duties included:

Teaching ride in one of the top spin studios in London, using their bespoke fitness template.

December 2013 - June 2015 - Fitness Professional at Hammersmith Medical Research, North West London, UK - United Kingdom, (Hospital / Medical Clinic)

Duties included:

Training participants of research studies in order to gain data on a particular piece of research.

January 2002 - May 2007 - Fitness Professional at Nuffield/Fitness First, All over London , UK - United Kingdom, (Health Club)

Duties included:

Freelance fitness instructor delivering a wide range of classes ranging from Body Pump, Body Combat, Body Balance, Body Conditioning, circuit training, LBT, and spin.

Education and Qualifications:

2019 College of Naturopathic Medicine. Percy Circus, Kings Cross London, UK

Diploma (3 years of study).

Naturopathic Nutritional Therapy

2015 Premier Training International Finsbury Park, London. UK

Certificate

PTLLS- Teacher Training

2013 St. Marys University/College Twickenham, London, UK

BSc (degree). 2:1

Sports Science

2007 Premier Training international, Finsbury Park, London. UK

LEVEL 3

LEVEL 3 Personal Training

2002 YMCA,

LEVEL 2

Exercise to music.

1995 Priory School

GCSSES

English Language- A

English Literature- B

Physical Education- B

Food Economics- C

History - C

Maths- D

French- D

Double Science- D.

Vocational Qualifications

First Aid qualified (every 3 years it gets renewed)

Hobbies and Interests

I love to dance, read fiction, listen to music,

CV created at www.spastaff.com

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