

[First Last Name]

[City, State] | [email@example.com] | [Phone Number] | [LinkedIn URL]

PROFESSIONAL SUMMARY

Certified [Fitness Instructor] with [X]+ years of experience designing and leading evidence-based group and one-on-one training programs in [commercial gyms / studios / corporate wellness settings]. Proven ability to **improve client performance, adherence, and body composition** through individualized programming, technique coaching, and behavior-change strategies. Skilled in **functional training, strength & conditioning, and corrective exercise**, with a strong focus on safety, form, and client education. Adept at building long-term client relationships, maintaining high class attendance, and collaborating with multidisciplinary health and wellness teams.

PROFESSIONAL EXPERIENCE

[Senior Fitness Instructor] | [Premier Performance Gym]

[Month Year] – Present | [City, State]

- Design and deliver [X–Y] weekly group classes (e.g., [HIIT, strength training, functional circuits, mobility]) for groups of [A–B] participants, maintaining an average class occupancy of [90%+] over [N] consecutive months.
- Provide individualized coaching to a roster of [20–30] personal training clients, achieving measurable outcomes such as average body fat reduction of [X%] and strength improvements of [Y–Z%] over [12-week] programs.
- Implement standardized fitness assessments (e.g., movement screens, 1RM estimations, VO2 submax tests) and track progress using [fitness tracking app / club management software], improving client retention by [X%] year-over-year.

[Group Fitness Instructor] | [Urban Wellness Studio]

[Month Year] – [Month Year] | [City, State]

- Led [X–Y] diverse group fitness formats per week, including [indoor cycling, bootcamp, core conditioning, and yoga-inspired mobility], consistently earning average participant satisfaction scores of [4.8+/5.0] on post-class surveys.
- Collaborated with studio management to create [8–12]-week progressive training blocks, integrating periodization principles and regression/progression options to accommodate beginner through advanced participants.
- Supported member acquisition and engagement by hosting [monthly] fitness workshops, technique clinics, and introductory sessions, contributing to a [X%] increase in new memberships and reduced first-90-day churn.

EDUCATION & CERTIFICATIONS

[Bachelor of Science in Exercise Science] | [State University Name]

[Month Year] – [Month Year] | [City, State]

- Relevant coursework: [Exercise Physiology, Kinesiology, Biomechanics, Nutrition, Program Design, Motor Learning].
- Capstone project: [Designed and evaluated a 12-week strength and conditioning program for recreational athletes, tracking performance and injury-prevention outcomes].

[Certified Personal Trainer (CPT)] | [Accrediting Organization, e.g., NASM / ACE / ACSM]

[Month Year] – Present

- Additional certifications: [Group Fitness Instructor], [CPR/AED], [Specialty Certification – e.g., Corrective Exercise, Youth Fitness, Senior Fitness, Indoor Cycling].

SKILLS

- **Training & Coaching:** [Strength & conditioning], [functional training], [HIIT], [circuit training], [mobility & flexibility], [core stability].
- **Program Design:** [Goal-based programming], [periodization], [progressions/regressions], [injury-aware modifications].
- **Assessment:** [Movement screening], [fitness testing], [body composition tracking], [posture and form analysis].

- **Tools & Technology:** [Heart rate monitors], [wearable fitness trackers], [club management software], [online training platforms].
- **Client Engagement:** [Motivational coaching], [behavior change support], [habit-building strategies], [client education].
- **Communication:** [Clear cueing], [group class management], [demonstration skills], [feedback delivery].
- **Safety & Compliance:** [Injury prevention], [equipment setup and inspection], [emergency response awareness].
- **Professionalism:** [Time management], [team collaboration], [reliability], [adaptability in fast-paced environments].

SELECTED PROJECTS & ACHIEVEMENTS

[12-Week Transformation Program Designer] | [Premier Performance Gym]

[Month Year] – [Month Year]

- Developed a structured [12-week] small-group transformation program combining strength, conditioning, and nutrition guidance, resulting in average participant weight loss of [X lbs] and [Y%] improvement in cardiovascular endurance.

[Corporate Wellness Class Series Facilitator] | [Corporate Client / Urban Wellness Studio]

[Month Year] – [Month Year]

- Designed and delivered an on-site corporate fitness series with weekly sessions focused on [desk mobility, posture, stress reduction, and low-impact conditioning], achieving [X%] average attendance and positive feedback from HR and participants.