



# Francesca Kirby

Dedicated and results-driven personal trainer with 8+ years' experience supporting clients to meet their fitness goals in commercial gyms. Clear and effective communication style and ability to build positive long-term relationships with customers. Detailed specialist knowledge of fitness and nutrition to manage diabetes and cardiovascular conditions. Qualified to lead group yoga sessions.

## Professional Experience

### Personal Trainer

Bounce Fitness, San Francisco, CA August 2018 - Present

- Carry out detailed consultations and movement assessments to onboard new clients
- Respond to client's unique requirements and goals to create individual training and nutrition plans
- Deliver one-on-one and group fitness sessions to six clients per day using a range of training styles and equipment
- Provide specialized support for clients with specific health conditions to allow them to access fitness activities safely

### Personal Trainer

Fitness SF, San Francisco, CA January 2013 - August 2018

- Led bi-weekly group yoga classes, including prenatal yoga, to improve clients' strength, flexibility, and general well-being
- Kept a safe and clean working area, ensuring all equipment remained in good working order
- Created and delivered a 12-week weight loss challenge to attract new clients to the gym, resulting in an 80% adherence

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## Education

Bachelor of Science in Kinesiology  
San Francisco State University,  
San Francisco, CA  
September 2008 - August 2012

## Key Skills

- Thorough understanding of safeguarding and health and safety best practices in commercial gyms
- Strong verbal and written communication skills
- Warm and encouraging coaching style
- Able to manage challenging workloads with large client lists
- Adept at creating personalized plans considering dietary and physical restrictions

## Certifications

- Personal Trainer Certification, American Council on Exercise, 2013
- Yoga Alliance Certificate, 2015