

JESSICA LANG

123 Convoy St, San Diego, CA 12345 jessicalang@example.com (123) 456-7890

A Group Fitness Instructor with five years of professional experience specializing in sports training, Zumba, TRX, yoga, and HIIT. A proven track record of developing customized fitness training programs for clients to improve strength, mobility, and long-term health.

EDUCATION

BACHELOR OF SCIENCE (B.S.) EXERCISE SCIENCE

University of San Diego,
San Diego, CA
September 2013 - May 2017

KEY SKILLS

- Physical Fitness
- Group Instruction
- Nutrition
- Client Relations
- Communication

CERTIFICATIONS

- Certified Personal Trainer (CPT),
NASM, 2017
- CPR Certification, American Red
Cross, 2017

PROFESSIONAL EXPERIENCE

GROUP FITNESS INSTRUCTOR

Paramount Fitness, San Diego, CA
May 2019 – Present

- Develop engaging fitness training programs and class formats, provide instruction in yoga, TRX, and HIIT, and motivate clients using positive reinforcement techniques
- Create dynamic music playlists to motivate clients and build a pleasant atmosphere during lessons and fitness training sessions
- Monitor client progress, provide education on nutrition in alignment with individual goals and health needs, and aided clients in achieving safe weight loss

GROUP FITNESS INSTRUCTOR

Argonaut Fitness Pros, San Diego, CA
May 2017 – May 2019

- Provided instruction to clients on workout methods, strength training exercises, and proper techniques, which included teaching students to identify muscle groups and maximize the effectiveness of fitness training sessions
- Taught classes of 15-20 students across various cultural backgrounds and fitness levels and tailored instruction to the needs of individual clients