

# JOHN BERGSEN

A Certified Group Fitness Instructor with eight years of experience specializing in CrossFit, sports training, nutrition, physical fitness, and boxing. A strong history of creating engaging physical fitness lessons and tailoring instruction to individual student needs.

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## PROFESSIONAL EXPERIENCE

### GROUP FITNESS INSTRUCTOR

Brooklyn Fitness Center,  
New York, NY  
June 2016 – Present

- Build safe and inclusive learning environments for clients across various ethnicities, cultural backgrounds, and fitness levels and drive student motivation using a variety of instruction techniques and training programs
- Deliver instruction to classes of 10-20 students, prepare safe lessons in boxing, CrossFit, and sports training exercises, and identify areas of improvement for student technique
- Ensure safety of students during training sessions and provide education on proper techniques to prevent injury and muscle damage

### GROUP FITNESS INSTRUCTOR

Collaborate Fitness Group,  
New York, NY  
May 2014 – June 2016

- Delivered instruction to small groups of students and planned cardio-based classes focused on strength training, cardiovascular health, kickboxing, and CrossFit
- Achieved attendance rates of 91% by creating a high-energy learning environment and tailoring exercises to accommodate students across all fitness levels

## EDUCATION

Bachelor of Science (B.S.)  
Exercise Science  
University of Syracuse, New York, NY  
September 2010 - May 2014

## KEY SKILLS

- Physical Fitness
- Injury Prevention
- Group Instruction
- CrossFit
- Student Engagement

## CERTIFICATIONS

- Certified Personal Trainer (CPT), NASM, 2014
- CPR Certification, American Red Cross, 2014