
Fitness Attendant Resume

Job Objective

To obtain a Fitness Attendant position with a company offering opportunities for position advancement.

Summary of Qualifications:

- Vast experience working in recreation and fitness environment
 - Outstanding knowledge of giving CPR and First Aid
 - Sound knowledge to assist with the use of gym equipments
 - In-depth knowledge of basic fitness and health related equipment
 - Uncommon ability of creating a friendly environment
 - Ability to create and maintain a pleasant phone demeanor
 - Good interpersonal skills and excellent communication skills
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Work Experience:

Fitness Attendant, August 2005 to till date
Belmont Country Club, Anthony, TX

- Interacted with every member utilizing the fitness facilities.
- Communicated members needs to the Membership and Marketing Director.
- Conducted adult and youth equipment orientations.
- Demonstrated cardiovascular and strength training equipment.
- Completed assignments in accordance with maintenance plan.
- Kept free-weight areas safe and organized.
- Sanitized cardio-vascular machines.

Fitness Attendant, May 2000 to July 2005
The Georgia Club, Anthony, TX

- Assisted guests with questions and in all areas of the facility.
 - Maintained locker rooms, gym, front desk and other areas of the Health and Fitness Department.
 - Demonstrated equipment usage to members.
 - Implemented huge knowledge of gym equipment.
 - Assisted the guests in the gym area when needed.
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Education:

Associate Degree in Health Fitness, University of Illinois System, Illinois, IL

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