
FITNESS TECHNICIAN RESUME

Objective:

To seek a responsible and challenging Fitness Technician position by associating with a growing organization

Summary of Skills:

- Ability to teach aerobics and proper breathing techniques
 - Profound knowledge of FOHS Wellness and Fitness Guidelines
 - Amazing ability to maintain exertion levels and enhance exercise benefits
 - Ability to communicate information and ideas effectively
 - Great ability to do extra work and continuously over time
 - Ability to lift a minimum of 45 pounds
 - Excellent communication and writing skills
 - Ability to build good relationship with customer
-

Work Experience:

Fitness Technician, August 2005 to till date
GSMC Institute for Healthy Living, Chantilly, VA

- Provided functional fitness services by following fitness guidelines.
 - Applied and led fitness programs at various intensity levels in accordance with FOHS.
 - Assisted the Coordinator with executing wellness activities.
 - Maintained exercise equipment on a daily basis.
 - Notified organization about facility cleanliness and repair requirements.
 - Ensured safe maintenance of equipment, files and client records.
-

Education:

Associate Degree in Health Science, Hawaii Community College, Hilo, HI

[Build your Resume Now](#)