
Spinning Instructor Resume

Job Objective

To obtain a position as a Spinning Instructor utilizing my leadership and communication skills to contribute to student success.

Work Experience:

- Spinning Instructor, 2006 to Present
 - East Coast Health and Fitness, State College, PA
 - Instructed about exercise machines and free weights.
 - Conducted group exercise classes such as aerobics and spinning.
 - Planned personal exercise programs.
 - Taught students on bike setup and safety.
 - Applied visualization techniques to enhance the body connection.
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Summary of Qualifications:

- Profound ability to ensure that students exercising safely and effectively
 - Substantial understanding of exercise equipment and proper operations
 - Immense ability to advice on healthy eating and lifestyle
 - Excellent ability to implement all quality assurance operations, policies and procedures of the fitness center
 - Strong communication and advanced teaching skills
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Education:

B.S in Physical Education, 2004, Carnegie Mellon University
Spinning Certification, 2006, Brown University

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