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## YMCA Personal Trainer Resume

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### Job Objective

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Seeking a job within YMCA as Personal Trainer.

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### Highlights of Qualifications:

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- Huge training and program design experience
  - Profound knowledge of fitness exercise and activities
  - Excellent teaching and presentation skills
  - Excellent written and oral communication skills
  - Strong ability to work independently
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### Professional Experience:

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YMCA Personal Trainer  
YMCA, Harrisburg, PA  
February 2009 – Present

- Provided personal training sessions and contributed in generating high revenues.
- Conducted fitness consultations and enhanced withholdings.
- Developed personalized programs in contrast with personal fitness goals.
- Prepared and maintained client base.

YMCA Personal Trainer  
YMCA, Harrisburg, PA  
September 2005 – January 2009

- Planned and instructed on personalized approach as per YMCA standards.
  - Maintained members' progress report.
  - Discussed and upgraded YMCA programs.
  - Encouraged members for long term membership.
  - Assured safe and effective workouts.
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### Education:

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Bachelor's Degree in Allied Health Science  
Argosy University, Honolulu, HI

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