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| New_logo  Contact HR Consultant for CV No: **2080320**  E-mail: [response@gulfjobseekers.com](mailto:response@gulfjobseekers.com)  Website: <http://www.gulfjobseeker.com/employer/cvdatabasepaid.php> |



**OBJECTIVES:**

A responsible position where I can develop and implement fitness

programs in a dynamic and professional environment.

**WORKING EXPERIENCE:**

* (September 2015 Till Date)

**Fitness Trainer**

Pullman Jumeirah (Dubai UAE)

**ACHIEVEMENTS:**

- Employee of the month October 2016.

- Member of the staff committee.

* (September 2013-September 2015)

**Fitness Trainer**

Novotel Al Dana (Bahrain)

**ACHIEVEMENTS;**

* Member of the staff committee.
* 3 times employee of the month.
* Achieved a 25% increase in club membership.
* Started a swimming lesson program which was a great success up to date.
* Achieved a 50% increase in annual turnover.
* (March 2012-July 2013)

**Fitness Trainer/Swimming Coach**

Flora Creek Hotel (Dubai UAE)

* (August 2011-March 2012)

**Lifeguard**

Hilton Dubai Jumeirah (Dubai UAE)

**SPECIAL SKILLS:**

* Knowledge of training all age groups starting from 4 years old and above.
* A good understanding of the principles of fitness and exercise.
* Familiar with different methods of flexibility and muscular strength testing.
* Possessing valuable fitness instructor training experience.
* Able to design and implement strength and endurance exercise programs.
* Possessing well rounded knowledge of various gym equipment’s and machines.
* Hands on knowledge on C.P.R, First Aid and AED machine.
* Complete knowledge of rules and regulation related to swimming.
* Strong aquatic background with knowledge of lifeguarding and coaching.
* Computer literate.

**DUTIES AND RESPONSIBILITIES:**

* Identifying client’s health risk factors and complications to determine the level of training applicable.
* Evaluating client’s fitness progress and setting achievable goals.
* Ensuring all clients keep within the safety limits of their fitness conditions.
* Designing exercise program and overseeing their proper implementation.
* Ensuring proper execution of exercise programs.
* Maintaining clients progress and attendance records.
* Designing circuit training exercise programs by using gym equipment and or free weight.
* Monitor misuse of gym equipment.
* Promote club activities.
* Develop marketing strategies and promotions.
* Maintaining the highest level of customer service always.
* Handle member’s requests and incidents.
* Provide competent safe instruction using recognized lead-up skills as established by my profession.
* Teach one to one or groups.
* Plan and deliver sessions appropriate to the level of swimmer.
* Strength, speed and endurance swimming training.
* Correct faults in swimming techniques and identify ways to improve performance.
* Plan and effectively organize class time for maximum practice. This is accomplished through weekly lesson plans.
* Teach with encouragement and positive reinforcement.
* Up sale of membership.
* Prepare duty roster for staff.
* Make sure safety standards are followed.
* Check that life-saving equipment’s is in full working order.
* Deal with minor injuries, accidents and administer first aid and C.P.R if required.

**EDUCATION ATTAINMENT**

**ST. GEORGES PRIMARY SCHOOL,** K.C.P.E CERTIFICATE

**NYERI NORTH BOYS HIGH SCHOOL,** K.C.S.E CERTIFICATE

**INFOTECH COLLEGE,** COMPUTER MAINTENANCE A+

**SEMINARS AND TRAININGS**

**REPs LEVEL 2** FITNESS INTRUCTOR (IBTS)

**SWIM AMERICA,** SWIMMING COACH CERTIFICATE

**LEVEL 3** LIFEGUARDING AND CPR CERTIFICATE

**IPTS**, LIFEGUARD AND CPR CERTIFICATE

**REDCROSS,** LIFEGUARD CERTIFICATE

**REDCROSS,** CPR

**I.A.T INSTITUTE,** ICDL (INTERNATIONAL COMPUTER DRIVING LICENCE)

**MAGTECH TRAINING CENTRE,** CERTIFICATE IN CUSTOMER CARE

**PERSONAL INFORMATION:**

Nationality: Kenyan

Birth Date: August 30th 1990 Age: 26

Height: 5’10” Weight: 163lbs Civil Status: Married