CURRICULUMVITAE 

**PRITHWIS**

**HOSPITALITY, SALES & FITNESS**

D.O.B.: 27.08.1988

Nationality: Indian

Email: [Prithwis-392415@2freemail.com](mailto:Prithwis-392415@2freemail.com)

**OBJECTIVE:**

Dedicated fitness instructor and personal trainer embodying a serious commitment to personal fitness through customized fitness programs. Adept at helping individuals with varying abilities achieve their fitness goals in a comfortable supportive environment. Specialize in promoting fitness programs targeted at all age groups.

**WORK EXPERIENCE:**

**6 Years of Professional Experience**

**Gym & Spa supervisor** -- The Park Hotel Kolkata, India (Augist 2017 – Present)

**Duties & Responsibilities**

* Assessed the fitness abilities of each member and made exercise recommendations.
* Developed weight loss and fitness programs available to all gym members.
* Maintained weight-lifting treadmills and other gym equipment.
* Responded to questions in a courteous professional manner.
* Developed and coordinated injury rehabilitation programs.
* Provided circuit training, spinning, stretching and weight training (uses of kinesis and power plate).
* Ensured the safety of all gym members.

**Key Achievements**

* Archive a good position as personal trainer to all members and clients.
* Holding a good sales scale for the non peak months.

**Fitness instructor** -- The Kenilworth Hotel Kolkata, India (May 2016 - July 2017)

**Duties & Responsibilities**

* Initiated fitness activities and interacted with employees to encourage participation
* Coordinated with HR to determine objectives related to employee health and fitness
* Developed health awareness campaigns
* Developed individual fitness programs for interested employees.
* Provided one-on-one training while working flexible hours.

**Key Achievements**

* Got promoted from supervisor to senior supervisor.

**Fitness consultant and Receptionist --**The Gold's Gym Kolkata, India (August 2013- April 2016)

**Duties & Responsibilities**

* Developed individualized instruction plans including cardio and weight training.
* Organized equipments, tested microphones, and selected music prior to each session.
* Helped clients of all ages in improving fitness levels and overall wellbeing.
* Worked on membership selling.

**Key Achievements**

* Got promoted from receptionist to general fitness trainer

# SPECIALIZED SKILLS

* Personal training classes
* Duty & team Management
* Continuous sales Process Improvement
* Staff and Customer Relations
* Training and Leadership

# OTHER ACHIEVEMENTS

* Awarded from Microsoft as trainee on software demo and sales at 2013

# OTHER INTERESTS

* Interior designing
* Body building
* Drawing
* Photography
* Travelling

**RELEVANT CERTIFICATIONS:**

* **CPR and First-aid certification from American Red Cross**
* **Personal training certification from Gold’s Gym India**

**EDUCATIONAL BACKGROUND:**

* B.com from Calcutta University
* Indian art certification from RMIC Kolkata
* Secondary education from West Bengal Board of Secondary Education

**RELEVANT QUALIFICATIONS:**

* English: Fluent in speaking, reading and writing
* Hindi: Fluent in speaking
* Bengali: Fluent in speaking, reading and writing

**PERSONAL INFORMATION:**

Full Name: Prithwis   
Nationality: Indian  
Marital Status: Married  
Date of Birth: August 27, 1988  
Place of Birth: Kolkata, West Bengal, India