CERTIFICATIONS:

December 2014 - December 2020 Personal Trainer, American Council on Exercise (ACE)

November 2015- November 2019 Disability Sports Specialist, BlazeSports America

EDUCATION:

August 2014- May 2017 Bachelors of Kinesiology in Exercise Science,

University of Alabama in Huntsville

Major GPA: 3.9

August 2007 – May 2012 Bachelors of Business Administration in General Management,

University of Alabama in Huntsville

WORK EXPERIENCE:

January 2017- Present Well-Being & Fitness Focal, The Boeing Company - Huntsville, AL

- Managing two fitness centers
- Promote Well-Being Programs that the company offer
- Present updates to site leadership & employees across campus
- (see separate document for full job duties)

December 2014 - Present Personal Trainer, UAH University Fitness Center - Huntsville, AL

- Consult and Train clients in their specific goals and needs
- Create workout plans and educate on proper form and pace
- Specialize with modifications on clients with disabilities
- Motivate clients to keep up with healthy lifestyles outside session hours

June 2015 – December 2016 Independent Fitness Consultant, Hogan YMCA Fitness Center - Huntsville, AL

- Performed Market research and business development in order to acquire new clientele
- Researched, assessed and created client specific workout programs
- Delivered exceptional customer service to clients
- Performed daily education of current fitness related information to guide and teach clients

May 2008 – April 2012 Manager, Red Robin – Huntsville, AL

- Supervised and directed 11 team members at a time
- Prepared food prepping schedule and established produce and food order budget twice a week
- Recorded inventory of every item in the restaurant for accuracy of the weekly statistics
- Trained new employees to be experts in position and influenced team building

VOLUNTEER:

• Serve in parking lot every other week directing traffic and making sure people are safe

August 2014 – May 2016 Officer Position: Secretary, Kinesiology club of UAH - Huntsville, AL

• Record topics discussed in the meetings and participated in various volunteer events