

Christy Scott

SUMMARY OF QUALIFICATIONS

Certified Personal Trainer with nine years of experience assisting health and fitness clients of all ages and history of building revenues and motivating employees to deliver highest standard of customer service.

- Interacts effectively with clients and co-workers to guide individuals and groups in achieving established fitness goals; creates positive atmosphere that promotes teamwork.
- Applies knowledge of exercise physiology in designing workout programs according to individuals' fitness levels and lifestyles.
- Displays supervisory skills to motivate employees through innovative incentives and personal coaching to improve sales and productivity.
- Proficient in Excel, Word, Access, PowerPoint, QuickBooks, and Internet research.

PROFESSIONAL EXPERIENCE

Genesis Health Club (formerly Wichita Racquet Club), Wichita, Kansas

2005-Present

Personal Trainer and Group Fitness Instructor

- Trained clients from ages 15 to 80 at workout facility to develop their fitness levels.
- Performed fitness assessment on new members, designed custom programs for 20 individual clients, and provided personal training based on client's level of fitness and health conditioning goals.
- Oriented clients to workout machines, monitored activity, and helped maximize fitness results.
- Trained clients in resistance and cardiovascular exercises and taught proper use of free weights and machines.
- Developed and taught group fitness classes with up to 60 members, including kickboxing, body pump, spinning, sport circuit, and yoga.
- Appeared in weekly television spots on local news channel; represented club on radio promotions.
- Provided training for makeover client who was featured in local print publication after meeting set goals.

Jackson Sport & Fitness Club, Jackson, Tennessee

2004-2005

Fitness Director

- Supervised fitness staff of 15 employees, including personal trainers, group fitness instructors, and interns.
- Collaborated with management to determine sales goals for personal training department.
- Excelled at increasing member sales by training and establishing incentives for staff to practice effective marketing and customer service techniques.
- Managed marketing campaigns through public speaking on health and fitness to corporate and community groups.
- Worked with local university to establish internships for physiology majors.
- Designed and implemented custom fitness programs for 20 members; led 10 group fitness classes each week for approximately 200 members.
- Sold most memberships to local citizens of anyone on staff and exceeded each month's quota.

City of Rose Hill, Rose Hill, Kansas

2001-2004

Recreation Director and Group Fitness Instructor

- Developed and implemented quarterly schedule of 50 community education classes for Rose Hill School District with population of 3,500.
- Hired, trained, and supervised 20 community education instructors; maintained Web site.
- Organized and directed city's Youth Basketball League for 250 participants and Coed Adult Softball League for 50 participants.
- Directed daily operations, including balancing credit card statements and bank statements, managing accounts payable and receivable, and ordering and maintaining equipment.
- Planned and managed annual budget.

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City of Rose Hill, continued

- Taught fitness classes, including yoga, toning, kickboxing, and boot camp, as well as craft classes for children and nutrition classes for adults.
- Organized and ran community events, including Labor Day Picnic, Softball Tournament, OK Kids Day, Summer Recreation Program, Holiday Lights, Easter Egg Hunt, Fall Hay Rides, and Fall Festival.

Wichita Racquet Club, Wichita, Kansas

1998-2001

Personal Trainer and Group Fitness Instructor

- Developed exercise programs for individuals and worked one-on-one with them to ensure safe and effective exercise workouts.
- Taught group fitness classes, motivating and challenging members to reach and push themselves past current fitness comfort zone.
- Administered fitness assessments for new members with tests that included cardiovascular, strength and endurance measurements, body composition, and flexibility.
- Developed and taught special population classes, including Cancer Wellness and prenatal/postnatal and seniors programs.
- Marketed and sold club memberships to interested individuals and businesses.

ADDITIONAL EXPERIENCE

Koch Industries, Inc., Wichita, Kansas

1996-1998

Accounting Assistant

Bank IV, N.A., Wichita, Kansas

1994-1996

Balance Analyst

EDUCATION AND CERTIFICATIONS

B.A., Exercise Science, Wichita State University, Wichita, Kansas

1999

Minor in Business Administration; Major G.P.A.: 4.0/4.0

Advanced Personal Trainer Certification, FiTour

2007

Yoga Level I and II Certifications, Sara's City Workout

2001

Lifestyle and Weight Management Certification, American Council on Exercise

2000

Kickboxing Certification, FiTour

1999

Certified Personal Trainer, American Council on Exercise

1998

Group Fitness Instructor Certification, Aerobics and Fitness Association of America

1998

First Aid and CPR Certification, American Red Cross

1994

COMMUNITY ACTIVITIES

Great Strides walk for Cystic Fibrosis, 1996-2007– Planning committee member and raised funds and participated in walk, including volunteering in several areas.

Race Against Hunger, 1995 and 1996 – Participated in run.

Ironkids Triathlon, 1998 – Directed children to appropriate areas.

Bowl for Kids Sake, 1999; Bowling for Easter Seals of Kansas, 2000.

Relay for Life, May 2003 – Ran children's games and participated in luminary ceremony.