

Alejandra Noelia Azar

Contact:

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Summary:

Passionate personal trainer with experience in designing training programs and nutrition plans, dance, spinning, localized exercise, Pilates, and postural health. My goal is to help people achieve their health and wellness objectives.

Experience:

**- *Group Fitness Instructor*,
Power Gym (San Pedro de**

Jujuy, 2021-2024)

- Designed and led group fitness classes**
- Taught spinning, localized exercise, and Pilates classes**
- *Pilates Instructor*, Paulina Pilates (San Pedro de Jujuy, 2022) and Asportsp (2025)**
- Designed and implemented personalized training programs**
- Provided nutrition and healthy lifestyle counseling**

Education:

- *Personal Training Certification*, Profitess Academy (with IFBB and CADEF endorsement)**
- *Nutrition Certification*,**

Profitness Academy

Skills:

- Designing training programs**
- Nutrition counseling**
- Motivating and supporting clients**
- Leading group fitness classes**

Achievements:

- Helped clients achieve weight loss and muscle gain goals**
- Improved clients' postural and respiratory health through strength and flexibility training**
- Created a supportive and**

**interactive environment in
classes**

Certifications:

- Personal Trainer with
aesthetic orientation
(Profitness Academy and
CADEF)**
- Pilates Instructor (AMAIP
Academy)**
- Stretching and Postural
Exercise Instructor (AMAIP)**
- General Personal Trainer
with functional circuit
training expertise**
- Jazz Dance Teacher
(Movimientos del Alma
Academy)**

