

# Andrea Alonso



## Professional Summary

Passionate and professional sport instructor, but being versatile on diverse fields. I consider myself energetic and optimistic, working and studying simultaneously, I have been able to develop a high level of commitment and organization, in order to be able to combine my studies with my job in an international environment.

## Education

### **Certified Personal trainer**

Jan 2022 – Currently

National Strength and Conditioning Association, Global

### **Higher level training cycle in sport activities**

Sep 2018 - Jun 2020

Maria Pacheco School - Toledo, Spain.

## Professional Experience

### ***Personal trainer and fitness instructor - Reflex fitness malta***

Mar 2021 –currently

- Build individualized exercise programs / fitness assessments/ monitoring clients/ training sessions/ client care.

May 2020 – Feb 2021

### ***Gym instructor***

### **IronSweat Muscle Center - Murcia, Spain**

- Responsible for assessing the physical and health conditions of clients and create appropriate exercise plans and monitor their improvement.

### ***Waitress***

Oct 2019 – Apr 2020

### **Hotel El Mesón - Toledo, Spain**

- Responsible for planning, marketing and coordinating hotel services.

### ***Waitress***

May 2019 – Oct 2019

### **Amarè Hotels - Ibiza, Spain**

- Responsible for serving food and beverages in a professional manner with high levels of customer services.

### ***Customer service***

Aug 2018 – May 2019

### **Movistar - Madrid, Spain**

- Responsible for dealing with customer complaints and providing helpful information.

### ***Event Assistant***

Jan 2017 – Aug 2018

### **Zaraazafatas - Madrid, Spain**

- Responsible of welcoming guests, answering questions and organizing events.

### ***Sales Assistant***

May 2016 – Nov 2016

### **Oysho – Madrid, Spain**

- Responsible for greeting customers and managing cash registers.

## ►► Contact

📍 Malta

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## ►► Languages

English C1

Spanish Native

Italian B1 (Currently studying)

## ►► Skills

- Strong analytical skills
- Effective project management skills
- Hard working

## ►► Digital

Office 365 ★★★★★

Email ★★★★★

Internet ★★★★★

Social Media ★★★★★