



FERNANDA VEGA

FITNESS INSTRUCTOR

CONTACT

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EDUCATION

2020-2023

Degree in physical culture and sports training

Universidad Cuauhtémoc de Querétaro

Pilates reformer certification


2023


Barre certification


2024


BootyBarre


SKILLS


Leadership 

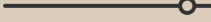
Assertive 

communication 

Problem 

resolution 

Order 

Teamwork 

ABOUT ME

Sports trainer with experience in gym, physical preparation sports, gym, swimming and I have barre certification. I am a very organized and responsible person, I always have the best disposition to carry out my tasks. I am looking for a challenging position where I can transmit the passion for sport to my students.

EXPERIENCE

FITNESS INSTRUCTOR

2024 (Actual)| Smart Fit

- Customized routines for users.
- Teach GAP, HIIT, ABS, TABATA, CROSS classes

FITNESS INSTRUCTOR

2023| Universidad del valle de México

- Personalized routines for students and administrators.
- Help with the physical preparation of the representative teams (soccer and volleyball).

SWIMMING AND GYM COACH

2023 | Regency Club

- Baby swimming coach and level 1.
- Summer course monitor.
- Coach in the gym area.

ARTISTIC GYMNASTICS COACH

2022 | GQ442

- Baby Gym Trainer.
- Initiation group trainer.
- Pre-team Coach (Level 1,2,3)

LANGUAGES

Native Spanish

English - B1+