

SOBRE MÍ

Personal Trainer and Fitness Instructor with 15 years of personal development, working with various coaches, in the fitness and wellness industry. Extensive experience in organizing and leading sports activities, classes, and tournaments. Passionate about creating dynamic and motivating experiences for clients, fostering a positive and active environment. Enthusiastic about providing memorable experiences to guests and ensuring their satisfaction. Knowledge in customer service, sports equipment management, and safety, including CPR and AED. Skilled in handling feedback and maintaining a safe and welcoming environment.

WORK EXPERIENCE

Gym Manager and Personal Trainer Olympia Fitness (04-2022) - (03-2024)

Tel: +54 - 3813033549

- Personalized muscle training sessions.
- Nutritional follow-up.
- Supervision and inventory of sports equipment.
- Collaboration in activities like aerobox, spinning.

Gym Manager and Personal Trainer Colosseo Gym (01-2019) - (03-2020)

- Fitness Instructor
- Personal trainer and personalized follow-up.
- Front desk management.
- Weekly routine planning.

SKILLS

- Adaptability: Ability to adjust to new situations and demands.
- Self-Management: Ability to manage time and resources effectively without constant supervision.
- Communication: Competence in interacting effectively with clients and colleagues, fostering a positive atmosphere.
- Self-Discipline: Responsibility and commitment to achieving established goals.
- Problem Solving: Strong knowledge in swimming.

EDUCATION

CERTIFICATIONS

Certification in Athlete Muscle Training

Certification in Fitness Instructor

Certification in CPR y EAD

Ceneas Cabin crew

Universidad Siglo 21

University Technician in Marketing and Digital Advertising

Certification in Growth Marketing

LANGUAGES

Spanish:

Native

English:

High level, B2