



JOSE POTES ZUNIGA

El cangrejo Ph Casares piso 1., Panama

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mrpotes991@gmail.com

EDUCATION

- APEC , PANAMA
2024
Massage and Spa techniques
- RAMY SPA ACADEMY , PANAMA
2024
Hot stone massage course
- RAMY SPA , PANAMA
2024
Relaxing massage Course
- RAMY SPA, PANAMA
2024
Swedish massage Course
- INTERNATIONAL FEDERATION OF FITNESS AND BODYBUILDING
2020
Personal Training Certificate
- FITNESS AND HEALTH INSTITUTE
2019
Personal Training Certificate

ABOUT ME

- Wellness Professional with background in fitness and massage therapy skills with previous experience onboard spa with passion for delivering top-notch service. I am eager to contribute my skills to your team and support the well-being of all guests.

WORK EXPERIENCE

- PERSONAL TRAINER | MAR 2022 - NOV 2022
ONESPAWORLD ONBOARD NORWEGIAN CRUISE LINES
I was the only trainer in charge of the gym area as well as support in all spa operations such as:
 - Greet all guests upon entering the gym area
 - Conduct fitness classes such as: Yoga, Stretch, Pilates, Fight Club, Cycling, Core abs, Total Body conditioning etc
 - Offer and Promote goodfeet arch supports and elemis detox program
 - Maintain a clean and organized gym area
 - Conduct health seminars such as: Relieve back pain and Secrets to flatter stomach
 - Offer one on one personal Training Sessions
 - Report all defective gym equipment to spa manager
 - Stock inventory
 - Deliver monthly sales reports
 - Offer and Promote Bca Body composition analysis services
 - Assist with loading and distribution of merchandise to storage areas
 - Offer and Promote footprint analysis
 - Cross promote spa services
 - Demonstrate proper use of gym equipment to new uses

SKILLS

MS Office

LANGUAGES

English

Spanish

REFERENCE

- KEVIN GRAELL
Princess Cruises
P: 6554-6163
E: Guest services officer