



## PROFESSIONAL SUMMARY

Certified Personal Trainer with European-accredited credentials and a holistic approach to wellness. Trained in stretching, and glute development, with experience designing personalized fitness programs that integrate physical conditioning and mindset coaching. Currently expanding expertise through a certification in fitness-focused nutrition. Deeply passionate about empowering healthy lifestyles and eager to bring energy, empathy, and excellence to a luxury cruise setting.



## EDUCATION

- **Personal Trainer – Fitness Certification (IFBB) 2024**
- **Stretching Instructor – IFBB Academy (Online) 2024**
- **Glutes Training Specialist – Academia ProFitness (Online) 2024**
- **Fitness-Oriented Nutrition – Academia ProFitness (Online, in progress) 2025**
- **Ontological Coach – Axon Training (ICF Accredited) 2023**

# Romina Mafinowski



## CONTACT

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## EXPERIENCE

### Independent Personal Trainer – Wellness & Fitness Coach

#### Freelance | Argentina & Spain 2024 – Present

Freelance | Argentina & Spain

- Designed and delivered tailored training programs (In-person/Online) based on individual goals (muscle gain, toning, flexibility).
- Provided online and in-person sessions focused on mobility, posture, and body awareness.
- Applied stretching techniques and guided recovery sessions for injury prevention.
- Integrated coaching tools to support client motivation and sustainable progress.

**Note: This freelance work required consistent client engagement and achieved concrete outcomes. References available upon request.**

### Volunteer Leadership

#### “Practical Philosophy” Group Leader | Buenos Aires November 2024 – Present

- Lead a volunteer-based discussion group focused on practical philosophy and self-development.
- Facilitate weekly conversations on topics such as justice, consciousness, individualism, and purpose.
- Encourage critical thinking, respectful dialogue, and emotional intelligence within the group.



## LANGUAGES

**Spanish:** Native

**English:** Conversational (Currently working with native speakers/clients)



## SKILLS & STRENGTHS

- Personalized fitness program creation
- Functional movement & mobility
- Glute and lower-body training
- Stretching and recovery sessions
- Communication & client motivation
- Holistic wellness mindset
- Teamwork in multicultural settings
- Travel-ready | Adaptable | Service-oriented



## SOCIAL MEDIA

- [Instagram](#)
- [LinkedIn](#)
- [Practical Philosophy Club](#)



## ADDITIONAL INFORMATION

- **Valid passport (Argentina / Poland)**
- **Available to relocate for training (London) and contract aboard**
- **Committed to providing exceptional guest experiences**

