



NURY ADRIANA TRIVIÑO ROMERO

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Physical Trainer

Dancing Instructor

## Professional Profile

Physical Trainer with more than 15 years of experience in planning and executing personalized and group training. High management skills and Customer service with international experience on board cruises. I am a responsible, dynamic, creative person, with initiative and good interpersonal relationships to work as a team. I am willing to learn and develop my skills to provide excellent service. I characterize myself as a hard-working professional person with high potential to develop this position.

## Work Experience

### Sculptor Gym

Duties:

General Administration

Manage customer check-in.

Explain and direction training routines

data accounting

product inventory control

opening and closing of the system

➤ **Hard Body Gym**

Independent Personal Trainer

January 2019 - January 2022

Duties:

Plan training routines according to each person's goals.

Nutritional diet planning.

Provide support service at reception.

Supervise the operation of the machines.

➤ **Bodyfit Gym**

General Administrator / Physical Trainer and

Dancing Instructor Group Classes

November 2014 - December 2018

Duties:

- Planning and directing training for clients.
  - Personalized training.
  - Administration and user service.
- Daily control of income and expenses
- Group Classes and High Intensity Training
  - Direction in nutritional services
  - Dance class (zumba)

➤ **Royal Caribbean International USA.**

Oct 2012 - August 2013

Charge: CAFFA ATENDANT

Duties:

Set up tables

Taking the guest orders

Serve snacks to customers

Clean the tables and workplace

Enlist the food in the containers

**Video Beam de Colombia  
Holiday Inn Express Hotel**

August 2011 – June 2012

Charge: Assistant Bar

Duties:

Friendly greeting to customers offering them bar service

Prepare the liquor bar

Serve shots of different liquors to customers

Clean the glassware and workplace

**Applied studies**

Basic

Concentration Club Of Commerce

High School

John Robert Gregg

**Other studies**

Fundamental Methodology and Generalities of Fitness Training  
Politecnico Superior de Colombia 2023-2024

English Does work  
Sena Sofia Plus 2023- 2024

Training School for Personal Trainer.  
Bodybuilding  
Nutrition  
Workout Suspensión.

Evaluation and Approach Kinesiology of osteosmuscular injuries  
FEIICA

Seminar Encounter and training Fitness Training  
CCAPF

Seminar Muscle Hypertrophy and Ergogenic helps  
UPN

Diploma Nutrition and Sports Diet  
NATURISSA IMPORT S.A

Training and Address Group Classes  
ZUMBA FITNESS

Intensive English  
SEVEN SEAS GROUP

International Certification in rescue and emergency situations  
CARIBBEAN Way Miami florida 1050

International Convention and safety and prevention training program CARIBBEAN  
Way Miami Florida 1050

Sports training  
Unifitness

Administration in networks and Database  
Pan-American University Foundation (Virtual Classrooms)

Physical conditioning  
TRAINING GYM

## PERSONAL REFERENCES

Cristian Andrés Coronel  
Lumen  
SAN leader  
Cell phone: 57 - 3104765559

Luz Mary Páez Romero  
Fincomercio  
Public Accountant / Analyst II Internal Control.  
Cell phone: 57 - 3005465658 - 3 81 18 20 ext: 2705

**FAMILY REFERENCES**

Julieth Esthephanny Benites  
M&C Helmer Valencia  
Financial Engineer  
Cell phone: 57-3002664209/3686550

Jenny Ximena Camelo  
Managing Director and Human Talent  
Interactive Media S.A  
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