

YATRIK M. SHAH

B 1303, Kalpvruksh Garden, Gauravpath main road, Pal, Surat-390005

Contact: +91-79841 86154; **Email:** shahyatrik92@gmail.com

Dear Sir,

I am submitting herewith my resume for your perusal and consideration for required position in your prestigious organization.

I am seeking a challenging job in the Health & Fitness industry that would synergize my skills and knowledge with the objectives of the organization. I am passionate to explore other industries which would help me to present my skills.

Apart from the fitness and managerial Skills, I possess basic knowledge in **administrative work, back-office management, computer Skills, routine Office work**. Being a dedicated and focused individual, I am determined to add value to the organization I work for, through my exceptional knowledge and learning ability.

To describe myself in a nutshell, I am systematic, organized and skilled; ready to take up any challenge of life abreast with the latest trends and a team player with excellent communication skills.

My basic objective is to hone in my skills for comprehensive personality development and be an epitome of trust and reliability in the corporate world. My prime goal is to understand professional environment and capitalize on opportunities.

Driven by passion and competence, I am confident of making visible contribution for the growth of the organization.

I'd appreciate the chance to meet with you in person to discuss as to how I could be a vital part of your organization.

Thanking you,

Yours sincerely,

Yatrik M. Shah

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A-1004 Tween Tower, Nr. L.P Savani School, Pal, Surat-390005

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OBJECTIVE

To secure a position in your prestigious organization where I can demonstrate my passion for growth and interest into corporate world. I wish to grow with the company and get a chance to work with your esteemed company.

SUMMARY OF SKILLS

- Problem solving and team work
 - Motivate co-workers and work at 100% capacity
 - Planning and organizing
 - Flexibility
 - Ability to inspire clients to achieve their goal
 - Nutrition and exercise planning
 - Floor management, technical skills, ensure client safety during fitness sessions
 - Understanding exercise science, anatomy and physiology
 - Nutritional and Exercise training knowledge to specially handle life style diseased clients like hypertension, diabetics, obesity, cholesterol etc.
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EDUCATIONAL CREDENTIALS:

B.A. with English (external)

IGNOU

Certified FOUNDATION course from INFS

Certified EXPERTS course from INFS

Certified CALISTHENICS from INFS

**Certified Gold's Gym certification in Nutrition, exercise and Personal Training
Intermediate, 2013**

Virani High School, Rajkot

Matriculation, 2008

Virani High School, Rajkot

PROFESSIONAL EXPERIENCE

BB CLUB, SURAT

March'24 - Till Date

Personal Coach – Level 4

- Training the clients and provide the knowledge of right exercise and forms.

- Assigning nutrition as per their goal like fat loss, weight gain, muscle building or strength.
- Motivate the client to show up daily for training sessions.
- A friendly attitude with client so they are comfortable and build trust.
- Always insist client to work and plan on the long-term goals.

K.P. FITNESS, SURAT

Jan'22 – March'24

Fitness Manager, Personal Coach – Level 3

- Developed and managed the team of personal trainers.
- Observed, monitored and improved personal training interaction and enrolment sales approach.
- Developed and delivered tailored fitness programs to members achieve their goal.
- Promoted Staff morale and team-oriented environment.
- Instruct and guide new member about using gym equipment in a safe way.
- Maintained and check attendance, track record of the trainers on daily basis.
- Ensuring equipment and surrounding areas clean.
- Designed personalized programs and nutritional plans for optimum results.
- Oversee and handled external events organized like box cricket, marathons, etc.
- Trained more than 20+ personal clients in achieving their fitness goal.
- Educating coaches and clients about long term and sustainable approach.

OXYRICH FITNESS, SURAT

Oct'21– Dec'21

Branch Manager, Personal Coach Level – 3

- Managing clients on floor.
- Helping Sales to generate more revenue.
- Helping coaches to get more clients from floor.
- Assigning nutrition as per their goal like fat loss, weight gain, muscle building or strength.
- Educating coaches and clients about long term and sustainable approach.

K.G. FITNESS, SURAT

June'21 – Sep'21

Personal Training Coach – Level 2

- Training the clients and provide the knowledge of right exercise and forms
- Assigning nutrition as per their goal like fat loss, weight gain, muscle building or strength.
- motivate the client to show up daily for training sessions
- A friendly attitude with client so they are comfortable and build trust
- Always insist client to work and plan on the long-term goals.

K.G. FITNESS, SURAT

Dec'21- May'21

General Coach

- Guide the members on exercise and proper forms.
- Keep a watch on new members who are new into fitness journey.
- Overall responsible for client guidance on nutrition and exercise.

AMAR ENTERPRISE, SURAT**Aug'19 – Dec'20****Production Manager**

- Responsible to track production of Zari (golden threads)
- Need to keep record of incoming raw material and record bookkeeping.
- Keep a watch on labors who are on machine duty and to make sure that production is at maximum capacity.
- Prepare receipt and challan copies of outgoing orders.
- Quality check and control at each stage of production.
- Keep a record of labors salary and wages.

EXOTICA FITNESS CLUB, RAJKOT**Jan'16 – Aug'19****Club Manager & Personal Trainer – Gold**

- Overall responsibility to run the gym smoothly.
- Meet the monthly income target with the teamwork.
- Guide and help trainers to convert the clients and guide trainers with the right exercise and training that suits their clients if required.
- Taking daily update on performance and target achievement from the team.
- Train my elite clients.
- Back-office work and lead generation responsibility.
- Tele marketing to increase foot falls with team work.

EXOTICA FITNESS CLUB, RAJKOT**Jan'16 – May'18****Personal Trainer – Gold**

- Undertake responsibility to guide the walk-in clients.
- Training various clients for Body Building, Weight Lifting, and Weight Loss.
- Looking out for workout floor maintenance.
- In the free time, give group training to clients for abs and free exercise.
- Instructing clients on proper Food intake and diet to meet their goal.

TALWALKARS FITNESS GYM, RAJKOT**Sep'11 – Dec'15****Personal Trainer Level - 2**

- Undertaken the responsibility of personal training, guiding their exercise, diet.
- Provide proper training for weight loss to obese clients with right exercise. Provide training for weight gain to clients according to BMI.
- Guiding and training clients for bodybuilding, toning, shaping.
- Whenever necessary help clients for weight lifting, along with these well versed with machine maintenance, equipment's.
- Run group abs and exercise whenever given the responsibility. Provide free demo to clients and do marketing for taking up Personalized Training.
- As a counsellor helps the clients in their queries on fitness, health related problems. Takes follow up upon the renewals. Also looks up with the trainers and makes sure the trainers are guiding the clients in the right way.

DML GROUP, RAJKOT**March 14 – May 15****Export Documentation Executive**

- Undertaken the responsibility of preparing the documents
- Preparing checklist of documents
- Also, use to help with the billing and maintaining record of purchase.
- Finalizing documents to handover for collection.

R.V. SHIPPING, RAJKOT.**April'12 – June '13**

- Responsible for customhouse data sorting and analyzing.
- Searching contact and email address of Importers.
- Sending basic marketing mails and introduction mails of companies.
- Also, possess very basic knowledge about Documentation.

CITY GYM, RAJKOT.**June'11 – Sep'11****General Trainer**

- Responsible for looking after clients' exercise program.
- Helping clients for weight lifting, weight loss and gain, bodybuilding, and guiding new members for their routine exercise.

AZZARO SPA & RESORT, DIU**Sep'10 – April'11****General Trainer**

- Responsible for looking after clients exercise program.
- Helping clients for their routine exercise.
- Along with gym floor had to maintain the game zone and overall maintenance of resort (indoor).

ACHIEVEMENT:

- Was promoted as a **Fitness Manager** apart from Level 3 Trainer.
- Level 3 trainer with high number of client handling.
- Achieved the title of **Best Personal trainer level -3**
- Promoted as Fitness Manager from Gold trainer.
- Promoted as **Personal Trainer level -2** from Personal Trainer level 1.
- Promoted as **Personal Trainer level 1** from General Trainer.
- Monitored a group of overweight people **who lost 7-10 per cent body fat** under my supervision in **WEIGHT LOSS CHALLENGE**.

Date of Birth: 29 October 1992**Hobbies:** Listening music, travelling, adventure, and reading.**Languages Known:** English, Hindi and Gujarati**Nationality:** Indian**References:** Available on request

