

MANDY STRETCH

403 Passing Lane, Overland Park, KS 66xxx
(913) 555-1212, mandys@exercise.sci

SUMMARY OF QUALIFICATIONS

- More than 5 years of aerobics instruction experience and extensive experience in personal training.
- Experience teaching a variety of classes including step, spin, circuit, bootcamp, toning, hi/low, kickboxing, cardio kickboxing, hip-hop, and weightlifting.
- Strong leadership skills and ability to motivate people developed through internship and class instruction.
- Outstanding science background gained through advanced coursework.

EDUCATION

Bachelor of Science in Education, Exercise Science (Anticipated May 20xx)

The University of Kansas—Lawrence, Kansas

Cumulative GPA: 3.85

Relevant Coursework: Biology, Anatomy, Physiology, Community Health, Chemistry, Physics

Certifications

- Aerobics Fitness Association of America (AFAA)
- Standard First Aid
- Infant and Adult CPR
- Water Safety Instruction (WSI)

RELEVANT EXPERIENCE

Strength and Conditioning Intern (January 20xx-Present)

Intercollegiate Sports Teams, The University of Kansas—Lawrence, Kansas

- Design and implement individual training regimens for 20+ athletes.
- Monitor workouts and chart progress for rowing and swimming teams.
- Instruct athletes on proper techniques for maximum benefit.

Personal Trainer, AFAA Aerobics Instructor, and Sales Representative (January 20xx-Present)

Lawrence Aerobics and Fitness—Lawrence, Kansas

- Teach a variety of classes including step, spin, circuit, bootcamp, toning, hi/low, kickboxing, cardio kickboxing, and hip-hop.
- Train clients one-on-one in overall strength conditioning.
- Advise clients on nutritional habits and cardiovascular activity.
- Assist general manager in day-to-day operations of facility, handling membership complaints and concerns.
- Acted as demo instructor for American Heart Association annual event.

Kickboxing Instructor (Summers 20xx, 20xx)

Leland Kickboxing Center—Leland, North Carolina

- Instructed adults in basic to advanced kickboxing skills.
- Traveled to numerous North Carolina counties to teach middle school students kickboxing and hip-hop.
- Appeared as a guest motivational speaker for local youth weight-loss and wellness bootcamp.

Personal Trainer (August 20xx-January 20xx)

KU Fit, The University of Kansas—Lawrence, Kansas

- Planned and administered personal training sessions for 12 clients.
- Wrote personalized nutrition guides for class of 14 adults.
- Taught group weightlifting classes.

COMPUTER SKILLS

Microsoft Office, Dreamweaver, InDesign, Photoshop