

## Profile

My vast experience as a Studio Coordinator, Full-time Pilates Instructor, Duty Manager and Personal Trainer has given me the varied skill-set required to operate within a multifaceted role that requires the ability to manage, lead and operate in a high-pressure work environment. As the owner of 'AM Fitness on the Go', I teach both Pilates and Yoga classes. I am also the fitness and nutrition advisor for Etiquette school of Ireland who run camps for teens and corporates around Ireland. As a Personal Trainer, I have trained numerous Olympic athletes including; David Oliver (American hurdling athlete), William Sharman (British hurdler) and Novelene Williams the Jamaica 400 meter champion. I have travelled with them to their events, assisted them in their training needs in order to increase their performance. This experience has given me the adaptability, scope and knowledge to succeed in whatever job I undertake, especially working within a senior role in the Health and Fitness industry, where I am used to protocols and procedures that are necessary to work productively within a team. My extensive fitness studio coordination and management skills and my successful Pilates studio development is evident by my ability to increase sales in my first year by 20%. As a Personal Trainer with Westwood Gym, I was responsible for teaching over 12 different types of class on a weekly basis. These include: Step, Aqua, Spin, Pilates, Body Attack, Body Combat, Body Pump and Body Balance. I also hold all 6 levels of the polestar studio rehab Pilates course and am constantly upskilling in order to stay abreast of changing ideas and innovations in the industry. I am now ready to bring my vision and my skills into a new working environment and I am very much looking forward to becoming a real asset to your business, as well as adding my fresh perspective and outlook to whatever role I am given.

## Skills

- I work well in a high-pressured, demanding role and understand how to develop training and fitness programs to suit individuals.
- I work for PTTI Pilates teacher training institute in Ireland, where I teach students to become Pilates instructors in Dublin.
- I am proficient and knowledgeable in staff training, Health and Safety protocols and dealing with other levels of seniority in a professional manner.
- I work well interpersonally and strive to provide warmth and resolution in my communication, especially as a Personal Trainer and Pilates Instructor, where a personable service is key to the success of the business.
- I have a wide array of knowledge as a personal trainer and experience working with clients to establish a training plan that suits both their physicality and personal goals
- I have trained staff in relation to fitness, health and safety and dealing with customers in the Gym.

## Professional Experience

### **AM Fitness on the Go** **Director/Business Owner**

**(Feb, 2016 – Present)**

As the owner of 'AM Fitness on the Go', I am responsible for a huge array of tasks that go outside the remit of a day-to-day employee. I organize and lead different fitness classes and one-to-one training sessions, where communication and gaining the customers confidence is key to helping them succeed in their fitness goals. I mentor and train Olympic Athletes and work in offices and homes around Dublin, teaching Pilates and yoga. Additionally, I am the fitness and nutrition advisor for Etiquette school of Ireland, a role that requires extensive knowledge of the latest technologies and trends related to the industry. I also run PTTI Pilates teacher training for the institute in Ireland, where I teach students to become Pilates instructors in Dublin. On the business side, I am tasked with cash control, dealing with all customer issues, ensuring an extremely high level of hygiene, health and safety and managing customer booking in an astute way that will ensure plenty of time to provide a personal service. I am also involved in the marketing and advertising of the business, especially on my Facebook page - <https://www.facebook.com/AMfitness36/>

**Please Note:** I also currently work one day a week in The Realta Physio Clinic in Carlow.

### **David Lloyd Riverview Ltd, Beech Hill, Clonskeagh, Dublin 14** **Studio Coordinator, Full time Pilates Instructor and Personal Trainer**

**(May, 2007 – Feb, 2016)**

- As an experienced Studio Coordinator, Full-time Pilates Instructor and Personal Trainer, I was responsible for absolutely every aspect of the day-to-day running of the Gym, especially implementing and designing programmes for members on the gym floor, group Pilates and exercise classes in the studio, nutrition and keeping the highest level of hygiene standards at all times. As a Pilates Instructor and Personal Trainer, I worked on a personable level with all clients and made sure all other instructors were extremely professional and well trained.

- During my tenure at David Lloyd, I, increased sales in my first year by 20% and developed the studio into a 5 star offering, continually improving participation levels and the overall customer experience. Member satisfaction levels notably increased, all brand standards audits passed and customer satisfaction was extremely high at all times. I managed a budget and generating income to targets in excess of a quarter of a million annually. I also hired staff that are 'up-to-the-job', giving them adequate training and making sure they understood all company policies and procedures.

#### **David Lloyd Riverview Ltd, Beech Hill, Clonskeagh, Dublin 14**

**(May 2007 - 2008)**

##### **Duty Manager**

As Duty Manager, I was responsible for the smooth operation of a 10000 member club, ensuring reconciling cash in all departments and being the first point of call on duty for any emergencies in the building.

##### **Other tasks include;**

- I was tasked with opening and closing the building, pool plant management and preparing staff rosters and training new staff in order to meet the needs of the gym.
- Worked with seniority and the marketing department in order to increase sales and membership through online and offline marketing campaigns.
- Trained new instructors in all aspects of their jobs, ensuring rigid health and safety standards at all times.
- Dealt directly with all enquires and customers, answering questions via email and phone and ensuring protocols and procedures were strictly adhered to at all times.

##### **Other Notable Employment**

- Westwood Gym Clontarf - Full time Fitness Instructor (June 2005 - May 2007)
- YMCA Gym Angier Street Dublin 2 - Personal Trainer and Class Instructor (November 2004 - May 2007)
- Vocational Educational Committee (VEC), Dublin 15 - Pilates Instructor - (September 2006 - April 2007)
- Liffey Valley Fitness - Colecut Road, Clondalkin, Dublin - Fitness Instructor - (May 2004 - October 2004)

#### **Education, Qualifications and Professional Development**

- **National Academy of Sports Medicine (NASM) Certified Personal Trainer (2008)**  
Accredited by REPS, this functional training qualification enabled me to use a specific model of training, phased from stabilisation to power to help clients achieve their goals.
- **PICP Strength and Conditioning Coach (Level 1)**  
Accredited by Charles Poliquin as a certified strength and conditioning coach to athletes up to and including regional level.
- **Polestar Pilates Studio and Rehab – (Level 1- 8)**  
As a rehab Pilates specialist I can work with clients with specific injuries and illnesses enabling them to compliment traditional medicine with a functional approach to movement and rehabilitation using the reformer, trapeze table, chair, ladder barrell, spine corrector and props.
- **Completed Yoga Worx Teacher – (Through the Yoga Room and Yoga Worx)**
- **Body Firm Pilates - Matwork (Level 1 and 2 and Reformer Level 1 and 2)**
- **NTC (National Training Centre) - 2004**  
Through the NTC i have qualified as a personal trainer and exercise and health studies professional. I attained additional qualifications in step aerobics, spinning, Khaibo and matwork Pilates level 1.
- **Les Mills - Body Training systems**  
I am a BTS instructor in Body Attack, Body Combat, Body Pump, Body Balance and RPM.
- **Powerplate Level 1 and 2.**

#### **Hobbies/ Affiliations**

- I have a keen interest in Running, cycling, hiking and travel.

**References Available on Request**