

PERSONAL INFORMATION:

Date of birth: 07.02.1988

Status: Single



OBJECTIVE:

Job Type: Full time

Department: Sports/Fitness/Wellness

Career Level: Advanced

Availability: Immediate

WORK EXPERIENCE:

FITNESS TRAINER: 25.01.2013 – Present

Yicabee Spa Resort

Riyadh - Kingdom of Saudi Arabia

Responsibilities:

Personal Trainer (Assessments, Work-out Assistance in Gym, Home work-out schedule, 24 h Phone support and motivation, providing and implementing a nutritional plan and schedule, Updated printed stats of progression in weight, body measurements and overall health improvements)

Gym Supervisor (Assistance with machine proper usage, basic rules in healthy work-outs, position and posture corrections)

Trainer of:

- Step Aerobics,
- Yoga,
- Pilates,
- Tae-bo,
- Core Conditioning
- Spinning
- Les Mills programme

- Boxing
- TVR

FITNESS TRAINER: 2.06.2012 – 2.12.2012

Company: Sheraton Dammam Hotel and Towers

Working city: Dammam- Kingdom of Saudi Arabia

Responsibilities:

Personal Trainer (Assessments, Work-out Assistance in Gym, Home work-out schedule, 24 h Phone support and motivation, providing and implementing a nutritional plan and schedule, Updated printed stats of progression in weight, body measurements and overall health improvements)

Gym Supervisor (Assistance with machine proper usage, basic rules in healthy work-outs, position and posture corrections)

Trainer of:

- Step Aerobics,
- Tae-bo,
- Latino Dancing
- Pilates,
- Yoga,
- Aqua Aerobics
- Swimming Private Couch

Massage Therapist: (On call or by special request)

- Aromatherapy Massage,
- Hot Stone Massage,
- Deep Tissue Massage,
- Swedish Massage,
- Body Slimming Treatments

FITNESS TRAINER: 15.01.2012 – 30.05.2012

Company: Sabor A Cuba Studio

Working city: Zalau, Salaj, Romania

Department: Sports/Arts

Responsibilities:

Trainer of:

- Tae-bo
- Zumba Latino

PERSONAL TRAINER (Part-time): 1.11.2011- 15.12.2011

Company: Physical Person (Name released by request)

Working city: Firenze- Italy

Responsibilities:

Personal Trainer: Providing Assessments, Work-out Assistance in Gym, Home work-out schedule, 24 h Phone support and motivation, providing and implementing a nutritional plan and schedule.

Program included:

- Cardio: Jogging, Swimming;
- Weight lifting
- Pilates
- Yoga
- Recovery Massage

FITNESS TRAINER AND MESSAGE: 29.08.2011 - 23.10.2011

Company: Steiner (England)

Working city: Cruise ship (Italy-France-Spain)

Responsibilities:

Delivering Seminars (in order to promote services and retail)

- Detox for Health and Weight Loss
- Eat to Weight Less
- Powerful Posture

Trainer of:

- Yoga,
- Pilates,
- Spin,
- Stretching Class,
- Abs Conditioning,
- Boot Camps.

Massage therapist:

- Deep tissue massage,
- Aromatherapy massage,
- Bamboo massage,
- Hot Stone massage,
- Thai herbal poultice massage,
- Body slimming procedures.

FITNESS INSTRUCTOR: 01.10.2008 - 13.07.2011

Company: S.C. FIT BODY S.R.L.

Working city: Zalau, Salaj, Romania

Responsibilities:

Personal Trainer Assessments, Work-out Assistance in Gym, Home work-out schedule, 24 h Phone support and motivation, providing and implementing a nutritional plan and schedule,
Gym Supervisor (Assistance with machine proper usage, basic rules in healthy work-outs, position and posture corrections)

Instructor of:

- Tae-bo,
- Kangoo-Jumps,
- Zumba,

Massage therapist:

- Swedish massage,
- Anti cellulite massage,
- Reflexology massage,
- Hot Stone massage
- Hot Wraps
- Electrosimulation
- Ultrasound

EDUCATION:

Studies:

- ❖ 2007-2011 Oradea University- Faculty of Physical Education and Sports- Major: Physiotherapy
- ❖ 2003-2007 The "Silvania National College"- Intensive English Program

Courses & certificates

- ❖ 29 August- 08 October 2011 Courses at Steiner in England, London
 - Yoga Certificate
 - Pilates Certificate

- Elemis Massage Certificate
- ❖ See Survival Course at RED ENSIGN
 - First Aid Certificate
 - See Survival Skills Certificate
- ❖ Course of Latino Dances

ABILITIES:

Languages (knowledge level):

- Romanian (fluent)
- English (fluent)
- Spanish (beginner)
- Italian (beginner)
- French (beginner)
- Arab (beginner)

PC Skills:

Proficient: a good understanding of Microsoft Word, Excel, PowerPoint.

APTITUDES:

- Team player
- Fast learner
- Flexible regarding my schedule
- Able to work under pressure
- Comfortable with Public speaking

PERSONALITY:

I am a professional, responsible person, dedicated and passionate about my work.

I am also highly motivated, sociable and hard working.

HOBBIES:

I love reading, dancing and traveling.

I enjoy practicing team sports like volleyball, handball.

I recently discovered I am good in squash and bowling so I will strive to improve.