

Jennifer Bradford

Personal details



Marital Status: Single
Nationality: South African
Date of Birth: 17 August 1987
Driving: Code 8
Status/Children: Single/None
Languages: English, Afrikaans
Greek- basic conversational
French- basic conversational

I am an enthusiastic person who believes in the high standard of quality customer service. I am punctual and hardworking person capable of working with others in a team environment as well as having the ability to use my own initiative. I work well under pressure and am motivated to get the job done in the most professional and productive manner. I am willing to do more than is expected of me without being asked and to go the extra mile to ensure perfection in my job.

Education

2007 – 2008

**University of Derby
Sport Science foundation diploma**

Further Qualifications and achievements:

- Group fitness training course
- Exercise specialist qualification
- Internationally recognised Spinning Instructor's course (Cycle Lab)
- First Aid level 1 course (EMT)
- Membership Consultant course
- Member of junior CAPAB ballet company
- Pre-elementary exam for dance (Royal Academy Ballet)
- Virgin Active Power plate course
- Virgin Active Kinesis course
- Virgin Active Boot camp course
- Virgin Active Core Stability course
- Virgin Active TRX training (resistance training with specialized equipment)
- Virgin Active V-Boxercise course
- Virgin Active V-Abs course
- Zumba

2008

Exercise Teacher's Academy

- **Personal Training and fitness qualification Level 3 REP's**

2001 - 2005

Woodcote Girls' High School - UK

Subjects:

- English, French, Mathematics, Biology, French, Art and Textile design.

I am trained in and can teach the following group exercise classes

Aerobics – Spinning – Body Pump – Circuit Training – Pilates Matt work – Aqua Aerobics – Body Conditioning - Zumba

Employment History

Self-employed personal fitness trainer

November 2010 – Current date

- I made the decision to work freelance a personal trainer and coach in order to enable myself to travel and have more control over my salary every month.
- I am continuing with working in this way indefinitely as it has provided me with many travel opportunities but also with the opportunity to work more often doing one of my greatest passions, meeting and learning about people around the world and providing tailor made fitness programmes to meet individual clients needs
- I have recently opened up a private VIP gym in Kampala Uganda for diplomats and politicians owned by one of Kampala's top lawyers.
- The gym HEALTH CITY has turned out to be an outstanding success.
- I was responsible for the initial setting up of the gym, all the operations systems, training staff on how to coach members and teach classes, as well as training staff to run the gym.

Virgin Active Health Club

Personal trainer and Group Fitness Instructor

May 2009 – October 2010

- I was employed at Virgin Active as a personal trainer, spinning instructor, as well as assisting the club with the running of the Group Fitness Department and regularly doing MOD shifts.
- I was very successful as a personal trainer and once again had a large client base of people with various different fitness goals and issues.
- I regularly achieved awards for being the best personal trainer in the region.
- I managed a team of 6 class instructors

Life Health and Fitness

Personal Trainer

September 2007 – April 2009

- I was a personal trainer at Life Health and Fitness and as with my previous company I had a large client base usually consisting of 10 or more clients per day.
- My clients had a variety of fitness goals which of course gave me the opportunity to work with a large variety of people from people with everyday fitness goals, to pregnant women, to special needs clients with disabilities or medical conditions, to athletes with very specific goals in mind.
- I taught classes for the gym in my extra time, which included boxing, abs attack, bums and tums, stretching, core stability and spinning.

- At this time I was also training myself for and competing in a few local bodybuilding competitions.
- Making sure all my clients had programmes to meet individual needs
- Further study to keep improving myself in terms of the latest fitness trends

The Zone Fitness Club
Membership sales consultant
December 2005 – July 2007

- I was employed as a membership consultant, floor instructor and spinning instructor.
- As a consultant I regularly worked extra hours and weekends to meet appointments and to ensure I am constantly on line with my targets and regularly achieving the highest sales results within the company.
- My interest in the fitness industry meant also being involved in everything from covering reception shifts to being on the floor helping members in the fitness department of the club.
- I worked as a floor instructor and very often assisted with the management of fitness and group training departments.
- I gave regular spinning classes up to 3 times a week.

Hobbies and interests

Travel – gym classes – nutrition – spending time with my family – movies – training for running events