Maya Thomas

Fitness Instructor

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Summary

Fitness instructor leading beginner group exercise and gym-induction sessions. Prepares class plans, demonstrates movements, offers alternatives within completed training and records participant feedback. Coordinates equipment checks and cover with the centre team.

Experience

Fitness Instructor, Example Willow Fitness Centre

Sep 2022 - Present

Bristol, United Kingdom

- Plan and lead eight weekly beginner circuit and low-impact exercise classes, demonstrating movements and checking that participants understand the station sequence.
- Kept attendance records and collected member feedback to improve session communication and organisation.
- Completed room and equipment readiness checks through the centre's reporting process and escalated concerns.
- Coordinated cover with two colleagues and prepared clear session handovers during timetable changes.
- Reworked the beginner circuit layout after feedback about confusing transitions, using visible station cards and a short demonstration before each round.

Fitness Centre Placement Student, Example Willow Fitness Centre

Jan 2022 - May 2022

Bristol, United Kingdom

- Supported instructor-led group sessions by preparing equipment and recording attendance.
- Observed session planning and discussed participant communication with the placement mentor.

Education

BSc Sport and Exercise Studies

2018 - 2022

Example Rivergate Institute

Skills

Instruction: Group session planning, Member communication, Attendance records, Session organisation

Professional practice: Equipment issue reporting, Role boundaries, Team handovers, Feedback collection

Projects

Six-week beginner class plan

- Prepared a sequence of introductory sessions with warm-up, main activity and cool-down blocks, reviewed by the senior instructor.
- Kept alternatives and equipment needs beside each activity so cover instructors could follow the plan consistently.

Fictional sample from ResumeGuru. Names, employers and achievements are illustrative.
www.resumeguru.ai/resume-samples/fitness-instructor-resume-sample