

CASHIER

Career Focus

To obtain a position with a company that can utilize my skills and lead to a career. I am a hard working individual with great problem solving skills as well as a fast learner. I am looking for a personal training opportunity that can help me to reach my full potential.

Core Qualifications

- Nutrition supplement familiarity
- CPR and First Aid certified
- Basketball coach (Former Division II Player)
- AED certification
- Fitness equipment expertise
- Personable and friendly
- Planning/coordinating
- Professional demeanor
- Organizational planning
- Detail oriented
- Weight training expertise
- Dedicated

Education and Training

Fitness Nutrition Certification , Personal Training Certification : Nutrition Science, Human Anatomy and Physiology Weight Loss Management
2013 National Academy Of Sports Medicine City , State

- Coursework in Health and Physical Education,
- Exercise Science and Kinesiology,
- Personal Trainer Certificate,
- Attended seminar on Weight Loss Management,
- Coursework in Nutrition Science, Human Anatomy and Physiology

Bachelor of Science : Nutrition Science, Human Anatomy and Physiology Clark Atlanta University City , State

- Coursework in Nutrition Science,
- Human Anatomy and Physiology
- Member of Biological Science Club
- 3.12 GPA

Accomplishments

- Recruited 63 new members for the fitness center in the first 2 months of employment.

Interests

Anything involving physical fitness, such as : Jogging, Playing football and basketball, weight lifting and cycling.

Work Experience

Cashier Current Company Name City , State

- Prevented store losses using awareness, attention to detail and integrity.
- Excelled in exceeding daily credit card application goals.
- Worked as a team member performing cashier duties, product assistance and cleaning.
- Expressed appreciation and invited customers to return to the store.
- Assisted customers with store and product complaints.
- Responsible for ringing up customers in a timely manner and guaranteeing high level of customer service.

Fitness Sales Ambassador 04/2015 Company Name City , State

- Identified prospective customers using lead generating methods and performing an average of 60 cold calls per day.
- Recognized as top sales generator, in first two weeks of employment
- Retained and ensured proper handling and care of 150 existing client accounts.
- Consistently met and exceeded department expectations for productivity and accuracy levels.
- Contributed to a 40% increase in sales for the personal training department.
- Contributed to the operation of a clean, friendly and well maintained health club.
- Recorded training sessions and maintained package rates for each client.
- Re-racked weights to maintain a neat, organized and clean club.
- Encouraged and motivated members to attend group fitness classes.
- Mediated club employee relations matters for all club fitness employees
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Gym Coordinator/ Personal Trainer 05/2014 to 09/2014 Company Name City , State

- Contributed to a 22% increase in sales for the personal training department.
- Taught clients how to modify exercises appropriately to avoid injury.

- Assisted older adults with weight training programs by setting up equipment and providing detailed instructions.
- Carefully evaluated member needs and assisted them in achieving personal fitness goals.
- Re-racked weights to maintain a neat, organized and clean club.
- Counseled clients on proper nutrition and exercise habits.
- Tracked class attendance and monitored class size to gauge the effectiveness of promotions.
- Promoted club programs, products and services to participants. Corrected dangerous movements and suggested alternate exercises.

Sales and Marketing Intern 05/2013 to 08/2013 Company Name City , State

- Recognized as top sales generator, increasing sales level by 40% in 2013 summer alone.
- Consistently met and exceeded department expectations for productivity and accuracy levels.
- Identified prospective customers using lead generating methods and performing an average of 60 cold calls per day.
- Customer Interface Greeted customers upon entrance and handled all cash and credit transactions.
- Assisted customers over the phone regarding store operations, product, promotions and orders.
- Financial Compiled inventory lists and worked with vendors for product pricing and special orders.
- Handled high volume sales with cash, credit and gift card transactions, balancing cash draw at end of shift with.
- 100% accuracy rate.

Assistant Personal Trainer 03/2008 to 09/2010 Company Name City , State

- Taught clients how to modify exercises appropriately to avoid injury.
- Assisted older adults with weight training programs by setting up equipment and providing detailed instructions.
- Contributed to the operation of a clean, friendly and well maintained health club.
- Recorded training sessions and maintained package rates for each client.
- Guided clients in safe exercise, taking into account individualized physical limitations.
- Carefully evaluated member needs and assisted them in achieving personal fitness goals.

Intern 06/2007 to 07/2007 Company Name City , State

- Duties included: making changes to the property contact database, updating rent schedules for small tenants occupying spaces less than 2,000 square feet, ran weekly tenant reports to verify late paying tenants, ran weekly reports to verify start and end dates for tenants and started training on running more detailed reports used by assistant property managers I currently train a number of fellow students from Spelman College and Clark Atlanta University 3 days per week.
- Work outs include cardiovascular exercises and weight lifting circuits.

Sales Associate Current Company Name City , State

- Researched and identified nutritional components of foods, diets and menu choices.
- Prevented store losses using awareness, attention to detail and integrity.
- Organized weekly sales reports for the sales department to track product success.
- Worked as a team member performing cashier duties, product assistance and cleaning.

Professional Affiliations

- NAACP,
- Pre Professional Honors Society,
- WISE Program, MBA RISE Program,
- FBLA Member, Poetry Club, HOSA Member,
- Sports Broadcasting Correspondent,
- Spanish Club

Skills

- Cash handling
- Able to lift 100 pounds
- Professional and friendly
- Careful and active listener

Additional Information

- Extra-Curricular Activities Anything involving physical fitness, such as : Jogging, Playing football and basketball, weight lifting and cycling.
- Additional Information Volunteer History: Sea Born Lee Elementary Prodigy Project Reading Program (A nonprofit reading program geared toward innercity boys ages 5-9 years of age), Westlake High School Contributed to HOSA blood drive Assisted with 89 year old football team in South Fulton County (responsible for running passing drills, running work outs and warm up exercises), St. Jude Contributor Week long events at Clark Atlanta University where all proceeds were given to the St. Jude Hospital Breast Cancer Awareness Walk Participant