First Name Last Name

Towson, MD

(123) 456-7890 • student@students.towson.edu

Education

Bachelor of Science in Fitness & Wellness Leadership
Towson University, Towson, MD May 20XX

Related Work Experience

Fitness Instructor — Towson University Campus Recreation
Towson, MD Sept 20XX – Present

- Lead 3–6 weekly group fitness classes (strength, HIIT, mobility) with an average of 15–25 participants, ensuring safe and inclusive instruction
- Maintain 100% on-time attendance and secured substitutes as needed to support consistent program delivery
- Enforce safety standards and monitored equipment, contributing to zero incident reports during scheduled classes
- Record participant attendance and engagement trends, supporting program evaluation and scheduling decisions
- Collaborate with the Group Fitness Manager and attend required trainings to stay current with departmental expectations and industry best practices

Fitness & Wellness Leadership Intern — OurGym
Baltimore, MD January 20XX – Present

- Assist with wellness initiatives such as workshops, screenings, or corporate wellness programs
- Track client progress, documented outcomes, and communicated results to supervisors
- Work with diverse populations including adults, older adults, athletes, or special populations

Additional Work Experience

Childcare Assistant — Little Harbor Learning Center
White Marsh, MD Oct 20XX – July 20XX

- Supervised 10–14 toddlers and preschoolers during daily activities
- Assisted children with fine-motor tasks, story time, and skill-building games
- Maintained classroom cleanliness and followed health/safety protocols
- Communicated daily updates to parents and staff