

BS

Barbora Sebolt

Professional Summary

Tactful and intuitive personal trainer and health coach with over 20 year in the health and fitness industry. Keeps abreast of latest research and developments. Creates customized programs targeted to client goals and skill level. Guides clients in safe exercise, taking into account individual physical strength and abilities. Adept in teaching group classes of all levels. Accomplished at counseling clients on proper nutrition habits. Enthusiastic team player eager to contribute to overall success through hard work, attention to detail and excellent organizational skills. Motivated to learn, grow and excel in health and fitness industry .

Work History

The Atlantic Club - Master Personal Trainer and Group Fitness In.

Manasquan, NJ

06/2007 - 03/2020

- Provided customized fitness program for members and personal clients while educating and guiding them on proper nutrition.
- Leveraged "My Zone" to manage cardiovascular exercise.
- Provided customized rehab training for post injury clients.
- Designed and led group classes ranging in size from 8-50 people for interval training, cycling and strength training.
- Certified to lead private TRX classes.
- Developed water program for seniors focused on flexibility, strength and cardiovascular exercise.

Work Out World - Group Fitness Manager

Ocean, New Jersey

01/2004 - 05/2007

- Led a team of 25 employees to open new location.
- Responsible for coordination more then 40 group classes.
- Trained newly hired employees offering insight into job duties.
- Responded promptly to customer issues and resolved problems through effective communication and decision making skills.
- Demonstrated strong knowledge of all fitness programs and explained to customers.
- Fostered positive work environment for all employees by encouraging staff members to voice opinions and concerns without fear of reprisal.

tobarbora@aol.com

(732) 822-6104

Charleston, SC 29492

Skills

- Create personalized exercise programs
- Rehabilitation and injury prevention programs
- BMI knowledge
- Staff and program management skills
- Teaching strength and conditioning
- Group and individual coaching
- Bilingual
- Perform nutrition assessment and planning
- Weight management
- Heart Rate Zone coaching
- Teaching group fitness
- Customer service
- Healthy living role model

Education

05/2000

CREPS

Guadeloupe , FR

Bachelor of Science: Sport Specific And Sport For All Ages

2005

NASM Personal Trainer

USA

2016

IIN Health Coach

New York, NY

- Conducted group wellness presentations for classes with up to 200 participants.
- Built strong relationships with members and staff to promote health and wellness.
- Increased customer satisfaction by resolving scheduling issues quickly.

Work Out World - Personal Trainer and Group Instructor

Tinton Falls, NJ

05/2002 - 12/2003

- Created inspirational physical training initiatives to foster healthy lifestyle decisions.
- Screened clients and performed client assessments.
- Taught clients how to properly operate exercise equipment.
- Designed specific workout systems for individual clients based on performance ability.
- Taught group classes including strength training, cardio vascular exercise and stretching.

Meridian Hotel - Gym Manager

Anse Marcel, ST. Marten

05/2001 - 01/2002

- Catered to guest needs concerning fitness room, locker room and relaxation area.
- Demonstrated strong knowledge of all fitness equipment and explained to customers how to properly use each machine.
- Responded promptly to customer issues to resolved problems through detailed communications and quick decision making.
- Managed fitness center, recreation facilities and aquatic programs with emphasis on safety.

Moving - Fitness Trainer, Group Instructor and Sales

Point A Pitre, Guadeloupe, France

03/1998 - 02/2001

- Served as point of reference for fitness expertise.
- Informed clients about nutrition, lifestyle issues, and weight control.
- Cultivated positive relationships with participants by interacting with group during fitness classes.
- Monitored member's progress and modified programs as needed.
- Sold and promoted fitness center membership.

Certifications

- First Aid/CPR Certified
- NASM Corrective exercise specialist (in progress)
- TRX basic and Small Group Training
- Stages Group Cycling
- Group Ride, Group Power/ Body Pump, Group Grove
- Aquatic Speedo
- FISAF International Aerobic Instructor
- Heart Rate Zone Trainer Level 1