

MELONEY LAMBES

Fitness Coach

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(531) 239-6334

4011 Jackson Dr, La Crosse, WI 54603



PROFILE

I have over three years of experience as a fitness coach. I am certified in both CPR and First Aid. I have also been a member of the National Academy of Sports Medicine for two years. As a fitness coach, I help people set and reach their fitness goals by providing them with support, motivation and accountability. My clients range from beginners to advanced athletes, and they all appreciate my individualized approach to coaching. In addition to one-on-one coaching, I also offer group training sessions and workshops on various topics related to health and fitness

LINKS

[linkedin.com/in/meloneylambes](https://www.linkedin.com/in/meloneylambes)

SKILLS

Motivational Speaking

Time Management

Nutrition Knowledge

Exercise Physiology

Strength Training

Cardio Training

Flexibility

LANGUAGES

English

Urdu

EMPLOYMENT HISTORY

● Fitness Coach at Life Time Fitness, WI

Apr 2022 - Present

- Worked with 100 clients and helped them lose an average of 20lbs each.
- Successfully implemented a new workout routine that increased client satisfaction by 25%.
- Trained 5 new fitness coaches in the company's methods and procedures.
- Created a nutrition plan that was followed by 80% of clients and resulted in significant weight loss for most participants.
- Spearheaded a fundraising campaign that raised \$10,000 for the local children's hospital.

● Assistant Fitness Coach at 24 Hour Fitness, WI

Jul 2019 - Feb 2022

- Led a team of 4 personal trainers and 2 assistant fitness coaches.
- Grew the department by 30% in one year.
- Trained 100+ clients per week.
- Created and implemented successful marketing campaigns that increased membership by 20%.
- Won "Trainer of the Month" 3 times.

EDUCATION

High School Diploma at Waukesha North High School

Aug 2014 - May 2019

I have learned how to effectively communicate with others, how to manage my time wisely, and how to work independently and as part of a team.

CERTIFICATES

Certified Personal Trainer

Apr 2021

Certified Strength and Conditioning Specialist

Oct 2019

MEMBERSHIPS

American Council on Exercise

National Strength and Conditioning Association