


# Kayela Malton

## Fitness Coach

I have over 3 years of experience as a fitness coach. I am passionate about helping people reach their fitness goals and improve their overall health. I specialize in strength training and cardiovascular conditioning. I also have experience with nutritional counseling and weight loss management. I am knowledgeable about the latest trends in the fitness industry, and I use innovative techniques to help my clients achieve results.

[kayela.malton@gmail.com](mailto:kayela.malton@gmail.com) 

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1223 N Main St, Mooresville, NC   
28115

## Education

### High School Diploma at East Carolina University, NC

Aug 2014 - May 2019


I've learned time management, organization, and study skills.

## Links


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

## Skills

Motivational Speaking




Time Management



Nutrition Knowledge



Exercise Physiology



Strength Training



Cardio Training



First Aid/CPR



## Languages

English



Italian



## Employment History

### Fitness Coach at Gold's Gym, NC

May 2022 - Present

- Trained 100+ clients in one-on-one and group settings.
- Developed individualized workout programs based on client goals and abilities.
- Led 10+ weekly fitness classes with up to 30 participants per class.
- Assisted clients with proper form and technique for all exercises.
- Motivated clients to stay on track with their fitness goals.
- Helped numerous clients lose weight, gain muscle, and improve overall health.

### Assistant Fitness Coach at 24 Hour Fitness, NC

Jul 2019 - Mar 2022

- Led a team of 4 personal trainers and 2 assistant fitness coaches.
- Achieved annual revenue goals by 20%.
- Trained over 100 clients per month.
- Increased client satisfaction scores by 10%.
- Led weekly training sessions for new hires.

## Certificates

### Certified Personal Trainer

Nov 2020

### Certified Strength and Conditioning Specialist

Jun 2019

## Memberships

American Council on Exercise

National Strength and Conditioning Association