

Yanneth Olofsson

Fitness Consultant

✉ yanneth.olofsson@gmail.com

☎ (957) 847-5971

📍 632 S 3rd St, Laramie, WY
82070

Education

High School Diploma at Laramie High School, Laramie, WY

Sep 2014 - May 2019

I've learned how to study for and write tests, how to do research, and how to communicate with my peers and teachers.

Links

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

Skills

Nutrition

Exercise science

Cardiovascular health

Strength training

Flexibility training

Balance training

Languages

English

Portuguese

Hobbies

Biking

Running

Weightlifting

Profile

I am a fitness consultant with over three years of experience. I have worked with clients of all ages and levels of fitness, helping them to achieve their goals. I am passionate about health and wellness, and love helping others to improve their lives through exercise and healthy living. I am certified in personal training and group exercise instruction, and have a strong knowledge base in nutrition as well. I am dedicated to providing my clients with the best possible service, tailor-made to meet their individual needs.

Employment History

Fitness Consultant at Wyoming Fitness, WY

Apr 2022 - Present

- Consulted with clients to assess their fitness levels and health histories.
- Developed individualized workout plans based on client goals.
- Led group exercise classes ranging from yoga to HIIT workouts.
- Assisted clients with proper form and technique during workouts.
- Motivated clients to stay committed to their fitness goals.
- Monitored progress and made necessary adjustments to workout plans.

Associate Fitness Consultant at Cheyenne Fitness, WY

Aug 2019 - Feb 2022

- Successfully implemented a new fitness program that resulted in a 20% increase in membership.
- Conducted over 200 personal training sessions, with an average client satisfaction rating of 4.5 out of 5.
- Successfully designed and executed multiple marketing campaigns that increased awareness of the gym by 30%.
- Created customized workout programs for clients that helped them achieve their fitness goals.
- Trained and supervised up to 15 staff members per shift.

Certificates

Certified Personal Trainer

Dec 2020

Certified Strength and Conditioning Specialist

Apr 2019

Memberships

American Council on Exercise

National Strength and Conditioning Association