

MEHANA MANGEN

Fitness Instructor

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(231) 986-3198

3390 W 10th St, Indianapolis, IN 46222



PROFILE

As a certified fitness instructor with over three years of experience, I have helped clients achieve their health and wellness goals through personalized workout programs and one-on-one instruction. My passion for helping others reach their full potential has led me to pursue further education in exercise science and nutrition. I am dedicated to helping my clients lead healthier lives by teaching them how to make sustainable lifestyle changes.

LINKS

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

SKILLS

Cardio

Strength Training

Flexibility

Pilates

Yoga

Kettlebells

TRX

LANGUAGES

English

French

EMPLOYMENT HISTORY

● Lead Fitness Instructor at Fitbit, IN

Mar 2022 - Present

- Led a team of 5 fitness instructors in designing and implementing new workout routines for clients.
- Successfully implemented a new client tracking system that improved customer satisfaction by 15%.
- Trained 50 new employees on proper safety procedures and equipment use.
- Onboarded 100 new clients, helping them to set and reach their fitness goals.
- Wrote 10 blog posts on health & wellness topics that received over 20,000 views.

● Fitness Instructor at Garmin, IN

Aug 2019 - Jan 2022

- Taught an average of 20 group fitness classes per week.
- Led a team of 4-5 instructors in developing and implementing new class formats.
- Successfully completed ACE Group Fitness Instructor Certification.
- Authored monthly newsletter articles on health & wellness topics with a circulation of 5,000+.
- Presented at the annual state conference on trends in group fitness instruction.

EDUCATION

High School Diploma at Ben Davis High School, Indianapolis, IN

Aug 2015 - May 2019

I've learned how to communicate with different types of people, how to work in a team, and how to manage my time wisely.

CERTIFICATES

Certified Personal Trainer

Nov 2020

Certified Group Fitness Instructor

Sep 2019

MEMBERSHIPS

National Strength and Conditioning Association (NSCA)

American Council on Exercise (ACE)