

# Yanelis Olinski

Fitness Trainer

## Profile

I am a fitness trainer with over 3 years of experience. I have helped my clients achieve their fitness goals, whether it be to lose weight, gain muscle, or simply improve their overall health. I tailor each workout program to the individual client's needs and abilities, and I make sure to keep them motivated throughout their journey. My ultimate goal is to help my clients reach their full potential and live a healthy lifestyle

## Employment History

### Fitness Trainer at Anytime Fitness, IA

May 2022 - Present

- Trained 100+ clients in one-on-one and group fitness settings.
- Developed customized workout programs to help clients reach their fitness goals.
- Conducted initial assessment consultations with new clients to determine their health history and current fitness level.
- Monitored client progress and provided feedback and motivation throughout the duration of each program.
- Led weekly exercise classes for groups of up to 20 people.
- Assisted fellow trainers with developing new ideas for workouts and class formats.

### Assistant Fitness Trainer at Fitness 19, IA

Aug 2019 - Apr 2022

- Led a team of 4 assistant trainers and 2 front desk staff.
- Wrote and implemented new training programs for clients that saw an average increase in client satisfaction rating from 78% to 92%.
- Created promotional materials that led to a 20% increase in membership sales.
- Trained 50+ new personal trainers on programming, safety, spotting techniques, etc.
- Onboarded 100+ new members each month while maintaining low cancellation rates (<5%).

## Education

### High School Diploma at West Des Moines Valley High School

Aug 2015 - May 2019

I've learned how to study for and take tests, how to do research, and how to write papers.

## Certificates

### Certified Personal Trainer (CPT)

Sep 2020

### Certified Strength and Conditioning Specialist (CSCS)

Dec 2018

## Details

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## Links

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

## Skills

Cardio

Strength Training

Flexibility

Kettlebells

Crossfit

Powerlifting

Bodybuilding

## Languages

English

German

## Hobbies

Running

Weightlifting

Yoga