

# Scott Laidler

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503-555-2094

**Objective:** Seeking a position as a personal trainer or fitness instructor

## Skills:

- Strong Motivational and Leadership Abilities
- Skilled in conducting fitness assessments and tracking client progress
- Group Fitness Instruction
- Personalized Fitness Program Design
- Excellent Communication and Interpersonal Skills
- Solid Motivational and Leadership Abilities

## Education

Portland Community College, Portland Oregon

AAS in Exercise Science

June 20XX

## Certifications

Personal Trainer, ACE

August 20XX

Adult CPR/First Aid, American Red Cross

Current

## Experience

Recreation Director

July 20XX – Present

Timberhill Residential Center, Beaverton Oregon

- Develop and lead recreational classes and activities for seniors
- Coordinate assessment and other activities with medical and support staff Personnel

Trainer Intern

March 20XX – June 20XX

Sherwood Regional Family YMCA, Sherwood Oregon

- Assisted trainers with individualized weight training and fitness assessment
- Designed and taught aerobics class
- Attended YMCA training workshops
- Provided customer service and sales support

Teaching Assistant

March 20XX – Sept. 20XX

Physical Education Dept., Portland Community College, Portland Oregon

- Developed lesson plans
- Provided individual assessments and program design
- Led one-on-one and group instruction