

MEGHAN THOMPSON

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Atlanta, GA 30342
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PROFESSIONAL SUMMARY

Multi-talented Pilates Instructor adept at teaching a range of fitness classes to students of all skill levels. Proficient in class management, documentation and safety. Bringing eight years of experience along with advanced marketing and sales understanding to help promote the business to customers.

SKILLS

Health and wellness	Customer service
Group and individual instruction	Weight management
Relationship building	Nutrition understanding
Safety understanding	Excellent communication

WORK HISTORY

- Pilates Instructor** - *Xponential Fitness*
Atlanta, GA - February 2018 to Current
- Worked with over 75 pilates members daily from beginner to advance students.
 - Walked around and assisted students with proper equipment use, posture, and finding correct weights to use based on strength.
 - Maintained positive relationships with students by interacting with group during and after fitness classes.
- Group Fitness Instructor** - *LTFMSTCO LTF Club Management Co*
Atlanta, GA - June 2016 to February 2018
- Created structured and innovative fitness programs to be executed in small to large group atmospheres.
 - Recruited over 30 club members for group classes and challenge groups.
 - Monitored client progress in group settings and ensured safety through proper technique.
- Gym Staff Member** - *Body-N-Balance*
Alpharetta, GA - July 2014 to May 2016
- Offered different classes to meet expectations and interests of gym members, resulting in improved participation.
 - Taught participants proper methods for best use of equipment to meet individual fitness goals.
 - Conducted inspections of equipment with safety protocol and equipment longevity in mind.

EDUCATION

Associate of Science - Kinesiology - *Atlanta Metropolitan State College*
Atlanta, GA

CERTIFICATIONS

Certified Pilates Instructor, 2015
Pilates of Dunwoody Atlanta

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