

MEGHAN THOMPSON

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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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Pilates At Home Resume Template Compare: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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