

Bernadine Chojnowski

Certified Personal Trainer

Profile

Certified Personal Trainer with 1 year of experience in designing and implementing customized fitness programs for individual clients. Skilled in conducting fitness assessments, developing realistic goals, and tracking progress. Strong background in various workout styles, including strength training, cardio, and flexibility exercises. Committed to helping clients achieve their fitness objectives while maintaining a safe and supportive environment. Excellent communicator with a passion for promoting health and wellness.

Employment History

Certified Personal Trainer at Wyoming Fitness Academy, WY

Mar 2023 - Present

- Successfully increased client retention rate by 35% in just one year through the implementation of personalized training programs and regular progress tracking at Wyoming Fitness Academy.
- Conducted fitness assessments for over 200 clients, resulting in a 25% increase in overall client satisfaction and a 15% boost in new client referrals.
- Developed and implemented a group training program that attracted over 100 participants each month, increasing the gym's monthly revenue by 20%.
- Spearheaded a weight loss challenge at Wyoming Fitness Academy, which engaged over 150 participants and led to an average weight loss of 8 pounds per person over a 12-week period.

Assistant Personal Trainer at Jackson Hole Personal Training, WY

Aug 2022 - Feb 2023

- Implemented a new workout program for clients, resulting in a 25% increase in client satisfaction and retention rates within six months.
- Successfully trained and prepared three clients for local fitness competitions, achieving two first-place finishes and one second-place finish.
- Developed and conducted group fitness classes, increasing class attendance by 30% within the first year of implementation.
- Assisted in the creation and implementation of a new employee training program, reducing new employee onboarding time by 50% and improving overall staff performance.

Certificates

National Academy of Sports Medicine (NASM) Certified Personal Trainer

Oct 2021

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📍 123 Mountain View Dr, Cheyenne, WY 82001

Education

Certification in Personal Training and Fitness Instruction at Wyoming Institute of Personal Training and Fitness, WY

Sep 2018 - May 2022

Relevant Coursework: Anatomy and Physiology, Exercise Science, Nutrition and Weight Management, Program Design, Group Fitness Instruction, Strength and Conditioning, Functional Training, and Client Assessment and Motivation.

Links

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

Skills

Kinesiology

Biomechanics

Nutrition

Exercise Physiology

Program Design

Injury Prevention

Motivational Techniques

Languages

English

Portuguese