

Janayla Vories

Group Exercise Instructor

Profile

Enthusiastic Group Exercise Instructor with 1 year of experience delivering engaging and effective group fitness classes. Proficient in designing dynamic workout programs catering to various fitness levels, promoting a safe exercise environment, and motivating participants to achieve their goals. Demonstrates strong communication and interpersonal skills, fostering positive relationships with clients and colleagues. Committed to continuous professional development and staying current with fitness industry trends.

Employment History

Group Exercise Instructor at Sanford Wellness Center, SD

Apr 2023 - Present

- Successfully led an average of 20 group exercise classes per week, catering to over 300 participants and ensuring a consistent and engaging fitness experience for all members.
- Increased overall class attendance by 25% within the first six months of employment, through effective marketing, building strong rapport with participants, and consistently delivering high-quality fitness instruction.
- Developed and implemented two new and innovative group exercise programs, which attracted an additional 50 participants per week and contributed to a 15% increase in membership sales.
- Consistently received positive feedback from participants and management, resulting in a 95% satisfaction rate and being recognized as the "Group Exercise Instructor of the Month" three times within a year.

Assistant Group Exercise Instructor at Avera McKennan Fitness Center, SD

Jul 2022 - Mar 2023

- Successfully co-led over 500 group exercise classes within the first year of working at Avera McKennan Fitness Center, resulting in a 20% increase in class attendance and positive feedback from participants.
- Developed and implemented three new group exercise programs that catered to various fitness levels and age groups, leading to a 15% growth in overall program participation and member satisfaction.
- Assisted in organizing and executing a successful community fitness event that attracted over 200 participants, raising \$5,000 for a local charity and increasing awareness of the fitness center's offerings.

Certificates

Group Fitness Instructor Certification (GFI)

Oct 2021

Certified Strength and Conditioning Specialist (CSCS)

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📍 123 Main St, Rapid City, SD 57701

Education

Certificate in Group Exercise Instruction at Black Hills State University, Spearfish, SD

Sep 2018 - May 2022

Relevant Coursework: Anatomy and Physiology, Exercise Science, Fitness Assessment and Evaluation, Group Exercise Programming and Design, Class Choreography, Music Selection and Cueing, Teaching Techniques, Safety and Injury Prevention, and Special Populations in Group Exercise.

Links

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

Skills

Choreography

Motivation

Adaptability

Cueing

Injury Prevention

Music Selection

Time Management

Languages

English

German