

# Glorianna Infeld

## Group Fitness Instructor

### Profile

### Employment History

### Education

#### Details

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Dedicated Group Fitness Instructor with one year of experience in designing and leading dynamic, engaging, and results-driven group fitness classes. Adept at fostering a welcoming and inclusive environment that encourages participants of all fitness levels to achieve their goals. Strong knowledge of exercise principles, health promotion, and motivational techniques, combined with excellent communication and interpersonal skills. Committed to providing an outstanding fitness experience and promoting a healthy lifestyle.

- #### Group Fitness Instructor at Anytime Fitness, IA

Feb 2023 - Present

  - Successfully increased overall member retention by 30% within a year by implementing engaging and diverse fitness programs tailored to the needs and preferences of Anytime Fitness members in IA.
  - Developed and led a highly popular 12-week fitness challenge, resulting in a 50% increase in group class attendance and boosting new membership sign-ups by 25% during the challenge period.
  - Collaborated with local businesses to establish a community wellness initiative, which attracted over 200 participants and increased brand exposure, leading to a 15% increase in membership inquiries within six months.

- #### Assistant Group Fitness Instructor at Farrell's Extreme Bodyshaping, IA

Jul 2022 - Dec 2022

  - Led a group of 20 participants in achieving an average weight loss of 15 pounds per person within a 10-week program, resulting in a 90% completion rate and a significant improvement in their overall health and fitness levels.
  - Developed and implemented a new class format that increased class attendance by 25%, leading to higher member engagement and satisfaction rates.
  - Provided personalized coaching and support to over 50 clients, helping them achieve their fitness goals, including a 30% increase in strength and a 20% improvement in cardiovascular endurance.
  - Organized and participated in a charity fitness event that raised over \$5,000 for a local non-profit organization, promoting community involvement and the importance of living a healthy lifestyle.

#### Certificate in Group Fitness Instruction at Des Moines Area Community College, Ankeny, IA