



Personal Trainer

Kathleen Pyron

Professional summary

Dedicated and results-oriented Certified Personal Trainer with over 5 years of experience in designing customized fitness programs to help clients achieve their health and wellness goals. Passionate about promoting overall well-being through exercise and proper nutrition. Proven track record of motivating clients to surpass their fitness limitations and adopt a healthier lifestyle.

Experience

Personal Trainer

June 2020 - Now

FitWorks Gym / United States, Boston, MA

- Conduct one-on-one training sessions with clients, assessing their fitness levels and goals to create tailored workout plans.
- Provide guidance on proper exercise techniques and equipment usage to ensure safety and effectiveness.
- Monitor client progress through regular assessments and adjust training programs as needed to optimize results.
- Offer nutritional advice and meal planning to support clients in achieving their desired physique and health outcomes.

Fitness Instructor

May 2018 - May 2020

Health & Wellness Center / United States, Boston, MA

- Led group fitness classes including HIIT, circuit training, and boot camp, catering to participants of varying fitness levels and abilities.
- Demonstrated exercises and provided modifications to accommodate individual needs and prevent injuries.
- Educated clients on the importance of proper form, breathing techniques, and recovery practices for optimal performance and injury prevention.

Certifications

Certified Personal Trainer (CPT) (Renewed in 2023)

National Academy of Sports Medicine (NASM)

+1 365 954 3265

kathleen.pyron@email.com

United States, Boston, MA, 1043 Huntz Lane

Education

Bachelor of Science in Exercise Science

2014 - 2018

Boston University

United States, Boston, MA

Relevant coursework:

- Exercise Physiology
- Sports Nutrition
- Kinesiology
- Fitness Assessment
- Prescription

Skills

Cardiovascular Conditioning



Nutrition Guidance



Anatomy and Physiology Knowledge



Kinesiology Knowledge



Injury Prevention



Hobbies

- ◆ Dancing
- ◆ Reading
- ◆ Hiking
- ◆ Archery