



# Michael ANDERSON

## HIIT AND WELLNESS COACH

Innovative and passionate HIIT Coach with a strong commitment to fostering a culture of fitness and well-being. With over five years of experience in personal training and group fitness, adept at creating dynamic and engaging HIIT sessions that cater to clients' diverse needs and fitness levels. Emphasizes the importance of a holistic approach to wellness, integrating physical training with nutritional guidance.

### CONTACT

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- 📍 San Francisco, CA

### SKILLS

- Holistic Wellness
- Group Dynamics
- Client Motivation
- Nutritional Guidance
- Feedback Utilization
- Community Building

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**ASSOCIATE DEGREE IN HEALTH AND FITNESS, COMMUNITY COLLEGE OF DENVER, 2018**

### ACHIEVEMENTS

- Increased client retention rate by 25% through personalized approaches.
- Successfully launched a community fitness initiative that attracted over 200 participants.
- Named 'Instructor of the Quarter' for outstanding performance in 2023.

### WORK EXPERIENCE

#### HIIT AND WELLNESS COACH

Wellness Hub

2020 - 2025

- Developed comprehensive HIIT programs that incorporated nutrition education.
- Facilitated group classes that fostered a sense of community among participants.
- Utilized client feedback to continuously improve training methods.
- Organized health workshops to educate clients on holistic wellness.
- Implemented a rewards system to encourage consistent attendance.
- Achieved a 30% increase in client referrals through word-of-mouth marketing.

#### GROUP FITNESS INSTRUCTOR

Fit For Life Studio

2015 - 2020

- Designed engaging HIIT workouts that catered to diverse fitness levels.
- Monitored client performance and provided personalized feedback.
- Created a vibrant and motivating atmosphere during classes.
- Collaborated with local health professionals to enhance program offerings.
- Conducted fitness challenges that boosted client engagement.
- Recognized for exceptional class attendance and client satisfaction.