



# Michael

## ANDERSON

### PERSONAL TRAINING MANAGER

Dedicated and passionate Personal Training Manager with a strong focus on client success and fitness education. Extensive experience in creating dynamic training programs that cater to various fitness levels and personal goals. Proven ability to lead teams effectively while fostering a culture of enthusiasm and accountability. Skilled in utilizing feedback and performance data to enhance training methodologies and client satisfaction.

#### CONTACT

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- 📍 San Francisco, CA

#### SKILLS

- Client Success
- Team Leadership
- Program Development
- Fitness Education
- Community Engagement
- Interpersonal Skills

#### LANGUAGES

- English
- Spanish
- French

#### EDUCATION

**ASSOCIATE DEGREE IN SPORTS  
MANAGEMENT, COMMUNITY COLLEGE  
OF FITNESS**

#### ACHIEVEMENTS

- Achieved 'Employee of the Year' for outstanding performance in client service.
- Increased personal training sales by 20% through effective marketing.
- Successfully led a community health fair that attracted over 300 participants.

#### WORK EXPERIENCE

##### PERSONAL TRAINING MANAGER

24 Hour Fitness

2020 - 2025

- Managed a team of 8 trainers, overseeing training schedules and client assignments.
- Developed and launched a fitness mentorship program that improved trainer retention.
- Conducted client assessments to tailor training programs and improve results.
- Organized fitness events that increased community engagement and membership.
- Utilized client feedback to refine training programs and enhance service delivery.
- Implemented a digital check-in system to streamline client tracking.

##### FITNESS COACH

Planet Fitness

2015 - 2020

- Provided coaching and support to clients pursuing diverse fitness goals.
- Conducted fitness workshops to educate clients on healthy lifestyles.
- Maintained an open line of communication to foster strong client relationships.
- Utilized client progress data to motivate and encourage goal achievement.
- Organized community fitness challenges to promote health awareness.
- Trained new staff on client service protocols and fitness standards.