

# Anecia Discepolo

Fitness Instructor

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☎ (990) 879-2437

📍 Baltimore, MD

## Education

### Certificate in Fitness and Personal Training at Montgomery College

Jan 2019 - May 2023

Relevant Coursework: Anatomy and Physiology, Exercise Science, Nutrition, Strength Training, Fitness Assessment, and Program Design.

## Links

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

## Skills

CPR

Yoga

Pilates

HIIT

Zumba

## Languages

English

Hindi

## Hobbies

Cycling

Yoga

Swimming

## Profile

Energetic Fitness Instructor with 2 years of experience, driven by a passion for health and wellness. Skilled in designing effective workouts and motivating clients. Eager to expand knowledge and techniques, fostering a dynamic and inclusive environment for all fitness levels.

## Employment History

### Senior Fitness Instructor at Equinox, MD

Apr 2025 - Present

- Spearheaded a comprehensive training program that improved client retention rates by 23% over 18 months, fostering a supportive and engaging environment for members.
- Collaborated with a team of instructors to develop innovative group fitness classes, increasing class participation by 17% through unique and motivating workout experiences.
- Mentored junior trainers, enhancing their instructional techniques and customer engagement skills, resulting in a 30% increase in client satisfaction scores.

### Junior Fitness Instructor at SoulCycle, MD

Mar 2023 - Mar 2025

- Spearheaded a weekly group ride session, increasing participant attendance by 27% through innovative class themes and personalized engagement.
- Assisted senior instructors in developing new training modules, contributing to a 15% improvement in client retention over six months.
- Analyzed customer feedback to refine class structures, resulting in a 10% increase in overall customer satisfaction ratings.
- Collaborated with the marketing team to execute promotional events, boosting new membership sign-ups by 18% during campaign periods.
- Enhanced personal coaching skills through ongoing workshops, leading to a 22% rise in positive client feedback for one-on-one sessions.

## Certificates

### Corrective Exercise Specialist (CES)

Mar 2024

### Functional Movement Screen (FMS) Certification

Jun 2022

## Memberships

American Council on Exercise

National Academy of Sports Medicine