

# Kemani Sensenbrenner

Fitness Instructor

## Profile

Dynamic fitness instructor with three years of experience, known for delivering engaging workouts and personalized training plans. Proven track record in boosting client performance and motivation, fostering healthy lifestyles, and enhancing physical well-being.

## Employment History

### Personal Trainer at Equinox, IN

Apr 2025 - Present

- Increased client retention rate by 27% through personalized training programs and regular progress assessments.
- Spearheaded a group fitness initiative, resulting in a 35% rise in class attendance within six months.
- Collaborated with a team of trainers to develop and implement a new client onboarding process, reducing setup time by 22%.
- Led workshops on advanced strength training techniques, boosting participant performance metrics by an average of 18%.
- Streamlined scheduling procedures which improved trainer availability and increased session bookings by 15%.

### Fitness Assistant at SoulCycle, IN

Mar 2022 - Mar 2025

- Boosted class attendance by 23% over six months through targeted member engagement and personalized follow-ups.
- Spearheaded a team initiative that reduced equipment downtime by 18%, enhancing overall member satisfaction.
- Trained and mentored three new hires, improving team efficiency and reducing onboarding time by 15%.
- Developed a streamlined scheduling system, decreasing instructor booking conflicts by 30%.
- Led monthly workshops that increased ancillary sales by 12%, contributing to overall studio revenue growth.

## Education

### Certificate in Fitness Training at Indiana University, Bloomington, IN

Oct 2017 - May 2022

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

## Certificates

### Certified Strength and Conditioning Specialist (CSCS)

May 2024

### Functional Movement Screen (FMS) Certification

Mar 2023

## Details

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## Links

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

## Skills

CPR/AED

MyFitnessPal

TRX

HIIT

NASM

Zoom

Pilates

Fitbit

## Languages

English

Chinese

## Hobbies

Rock Climbing

Swimming

Pilates