

# MELVENA JEN

Fitness Trainer

[melvena.jen@gmail.com](mailto:melvena.jen@gmail.com)

(536) 822-9053

Tucson, AZ



## PROFILE

Dynamic fitness trainer with two years of experience in designing personalized workout programs. Skilled in motivating clients to achieve health goals through tailored exercise and nutrition plans. Passionate about fostering positive lifestyle changes and improving overall well-being.

## LINKS

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

## SKILLS

CPR/AED

NASM

ACE

Kettlebell

TRX

HIIT

Pilates

## LANGUAGES

English

Urdu

## HOBBIES

Cycling

Swimming

Rock Climbing

## EMPLOYMENT HISTORY

### ● Fitness Instructor at Equinox, AZ

Jun 2025 - Present

- Developed personalized fitness programs for over 50 clients, resulting in a 30% increase in client retention.
- Conducted group classes with an average attendance of 20 participants, boosting class engagement scores by 15%.
- Trained new instructors on company standards and protocols, improving onboarding efficiency by 25%.
- Spearheaded a wellness workshop series that attracted over 100 attendees and elevated gym membership inquiries by 10%.
- Implemented a feedback system for clients, enhancing satisfaction rates to over 90%.

### ● Fitness Assistant at Life Time Fitness, AZ

May 2023 - May 2025

- Led group fitness classes, boosting participant attendance by 30% over six months through engaging and varied workouts.
- Developed personalized training plans for clients, resulting in a 25% increase in client satisfaction scores.
- Implemented a new scheduling system that reduced booking errors by 15%, enhancing overall customer experience.
- Conducted equipment maintenance checks weekly, ensuring all gym machines remained operational and safe for use.
- Trained and mentored five new hires, improving team efficiency and cohesion within the first quarter.

## EDUCATION

### Associate of Applied Science in Exercise Science at Pima Community College

Feb 2019 - May 2023

Relevant Coursework: Anatomy and Physiology, Kinesiology, Exercise Physiology, Nutrition, Fitness Assessment, Strength and Conditioning, Health Promotion, and Injury Prevention.

## CERTIFICATES

### Certified Strength and Conditioning Specialist (CSCS)

Feb 2024

### Functional Movement Screen (FMS) Certification

Jun 2022