

Christean Heale

Personal Trainer

Profile

Dynamic Personal Trainer with 8 years of experience, specializing in crafting tailored fitness programs. Proven strategic leader, adept at motivating clients and optimizing performance. Expertise in strength training, weight management, and holistic wellness ensures transformative results.

Employment History

Fitness Coach at Equinox, IN

Apr 2025 - Present

- Spearheaded a team of 12 trainers, boosting client retention by 18% through innovative wellness programs and personalized coaching strategies.
- Championed the integration of cutting-edge fitness technology, increasing member engagement by 22% within six months.
- Streamlined scheduling processes, reducing administrative overhead by 15 hours weekly and enhancing operational efficiency.
- Developed and implemented a high-intensity group training class that attracted 25% more participants compared to previous offerings.
- Collaborated with senior management to design strategic marketing campaigns, resulting in a 30% rise in new membership sign-ups over three quarters.

Fitness Instructor at Life Time, IN

Mar 2022 - Mar 2025

- Spearheaded a team of 15 trainers, boosting client retention by 27% over two years through innovative group class programs and personalized training sessions.
- Developed and implemented a new fitness assessment protocol, resulting in a 32% increase in client engagement and satisfaction scores.
- Led a cross-functional team to launch a wellness initiative that reduced member cancellations by 18%, enhancing the club's annual revenue stream significantly.
- Analyzed market trends to introduce specialized classes, increasing overall attendance rates by 23% and establishing Life Time as a leader in cutting-edge fitness offerings.

Fitness Assistant at Gold's Gym, IN

Feb 2017 - Feb 2022

- Spearheaded a team of 12 trainers, boosting member retention by 18% through innovative fitness programs and personalized coaching strategies.
- Implemented a new scheduling system that increased staff efficiency by 27%, optimizing resource allocation and enhancing client satisfaction.
- Developed and launched a community outreach initiative, resulting in a 22% increase in gym memberships over six months.

Details

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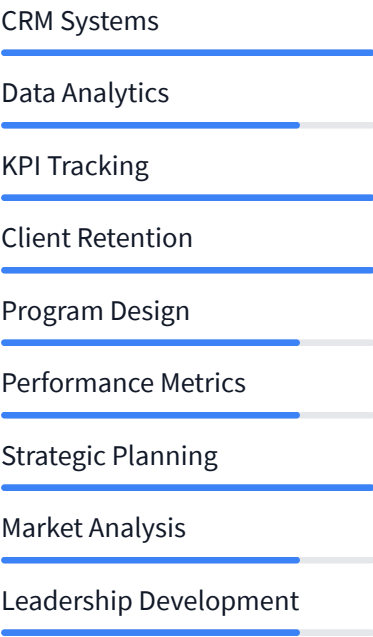
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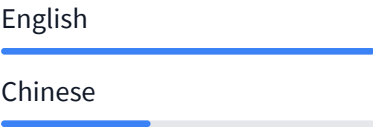
Links

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

Skills



Languages



Hobbies

Yoga
Rock Climbing
Swimming