

Ursula Scoresby

Personal Trainer

✉ ursula.scoresby@gmail.com

☎ (123) 708-4619

📍 Meridian, ID

EDUCATION

Certificate in Personal Training at College of Southern Idaho, ID

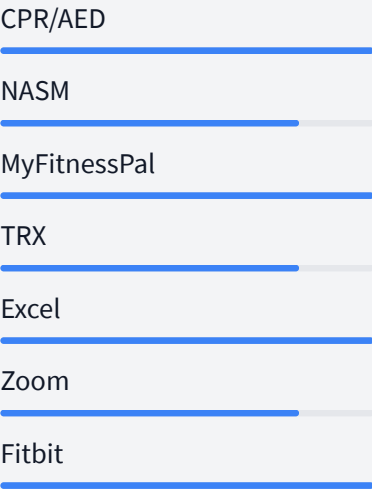
May 2018 - May 2022

Relevant Coursework: Exercise physiology, nutrition, strength training techniques, client assessment, and fitness program design.

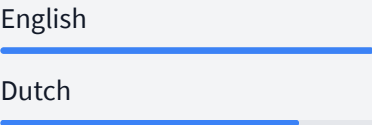
LINKS

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

SKILLS



LANGUAGES



HOBBIES

Yoga
Rock Climbing
Swimming

PROFILE

Seasoned personal trainer with three years of experience, specializing in tailored fitness plans and client motivation. Proven track record of enhancing physical performance and achieving health goals through personalized coaching and dynamic workout routines.

EMPLOYMENT HISTORY

● Fitness Instructor at Equinox, ID

Mar 2025 - Present

- Spearheaded a group training program that increased client retention rates by 18% over six months through personalized workout plans and targeted feedback.
- Collaborated with fellow instructors to develop a high-intensity interval training class, resulting in a 25% rise in attendance and positive member feedback.
- Streamlined the onboarding process for new clients, reducing initial consultation time by 35%, enhancing overall customer satisfaction scores.
- Led weekly workshops on advanced fitness techniques, boosting participant performance metrics by an average of 22% within three months.

● Fitness Assistant at Life Time Fitness, ID

Feb 2022 - Feb 2025

- Spearheaded a member engagement initiative that boosted class attendance by 27% over six months through strategic scheduling and personalized outreach.
- Collaborated with a team of five trainers to redesign the onboarding process, reducing new member orientation time by 15%, enhancing overall satisfaction scores.
- Implemented a streamlined equipment maintenance system, cutting downtime by 20% and ensuring seamless operation of fitness facilities for over 1,000 members.
- Led monthly wellness workshops attended by an average of 50 participants, resulting in a 35% increase in ongoing personal training sign-ups.

CERTIFICATES

Certified Strength and Conditioning Specialist (CSCS)

Feb 2024

Precision Nutrition Level 1 Certification

Aug 2022

MEMBERSHIPS

American Council on Exercise
National Academy of Sports Medicine