**Mariela Rios**

***124 Surbray Grove L5B 2E1***

***Phone: (289)805-1619***

***Email: exerciseforhealth@hotmail.com***

 ***Objective:***

*Motivated Fitness Trainer, with passion for healthy lifestyle, exercise and nutrition, who love to help people to be active and reach their goals, seeks for Part Time Position as Personal Trainer/Older Adult Specialist.*

***Skills:***

*-Excellent coordination skills*

*-Ability to complete tasks quickly and handle multiple responsibilities at the same time*

*-Proficient customer service skills*

*-Spanish/English*

***Responsibilities:***

 *Fitness assessments and reassessments of exercise programs.*

 *Personal training and development of exercise programs in nutrition, strength training, aerobics and flexibility.*

 *Assisted with administration work – processing payments, keeping accurate client records and bookkeeping.*

 *Marketing and sales support.*

***Work Experience:***

***Volunteer :*** *Physiotherapy and Rehabilitation Clinic****.***

***October 2013 to February 2014, Town of Oakville Aqua Fitness Instructor***

*Provides water aerobics instruction, monitor****,*** *educate patrons on fitness and safety, and maintains a safe and enjoyable atmosphere for class participants, older adult.*

***August 2012 to June 2014 Curves For Women, Exercise and Nutrition Coach*** *Guide members of the club improving their health, nutrition and fitness levels****.*** *Advance Cardio (kickboxing) Muscle Fit and Stretch in the Circuit Instructor.*

***March 2012 to June 2013 YMCA Mississauga Cycle Fit Instructor (volunteer)***

 *Lead and prepare a class with all component, warm up, sprint, uphill/downhill paced workouts and cool down.*

***March 2012 to Present Mobile Personal Trainer***

*Helping clients gain weight, lose weight, build stamina or improve flexibility, as suited to client's health, guiding clients on right exercising techniques. Working with older adult on fall prevention exercises muscle strength to improve their quality of life.*

***December 2010 to June: Planet Organic Market (deli clerk)***

***March 2008-December 2010 Tandoori Time (cashier, server)***

***October 2002-February 2008 Self employee***

***Education: Certified***

*Can Fit Pro: Personal Trainer Specialist, Nutrition and Wellness Specialist, Older Adult Specialist, Yoga Fit for Personal Trainers.*

*Ymca: Cycle Fit Instructor.*

*Cala: Aqua Fit Instructor.*

*Osteoporosis Canada: Bone Fit Train.*

*Cleveland Clinic: Certification Exercise and Nutrition (for weight loss).*

*Standard First aid and CPR/AED level C.*

*Whmis*

 *College: Business Administration (Argentina).*

***Reference upon Request***