



## Personal Trainer

# Kathleen Pyron

### Professional summary

Dedicated and results-oriented Certified Personal Trainer with over 5 years of experience in designing customized fitness programs to help clients achieve their health and wellness goals. Passionate about promoting overall well-being through exercise and proper nutrition. Proven track record of motivating clients to surpass their fitness limitations and adopt a healthier lifestyle.

### Experience

#### Personal Trainer

June 2020 - Now

FitWorks Gym / United States, Boston, MA

- Conduct one-on-one training sessions with clients, assessing their fitness levels and goals to create tailored workout plans.
- Provide guidance on proper exercise techniques and equipment usage to ensure safety and effectiveness.
- Monitor client progress through regular assessments and adjust training programs as needed to optimize results.
- Offer nutritional advice and meal planning to support clients in achieving their desired physique and health outcomes.

#### Fitness Instructor

May 2018 - May 2020

Health & Wellness Center / United States, Boston, MA

- Led group fitness classes including HIIT, circuit training, and boot camp, catering to participants of varying fitness levels and abilities.
- Demonstrated exercises and provided modifications to accommodate individual needs and prevent injuries.
- Educated clients on the importance of proper form, breathing techniques, and recovery practices for optimal performance and injury prevention.

### Certifications

#### Certified Personal Trainer (CPT) (Renewed in 2023)

National Academy of Sports Medicine (NASM)

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### Education

#### Bachelor of Science in Exercise Science

2014 - 2018


Boston University

United States, Boston, MA


#### Relevant coursework:

- Exercise Physiology
- Sports Nutrition
- Kinesiology
- Fitness Assessment
- Prescription

### Skills

Cardiovascular Conditioning 

Nutrition Guidance 

Anatomy and Physiology Knowledge 

Kinesiology Knowledge 

Injury Prevention 

### Hobbies

- ◆ Dancing
- ◆ Reading
- ◆ Hiking
- ◆ Archery