Alyssa Ramirez

Fitness Instructor

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Summary

Fitness instructor with 1 year teaching group classes at a community gym, after 2 years as front desk lead at the same club. Handles class planning for HIIT, dance cardio and strength training formats for 20+ people, cues safe form at every level, and uses musicality to keep energy high. AFAA certified with current CPR/AED.

Experience

Fitness Instructor

09/2025 - Present

Desert Palms Fitness Club Tempe, AZ

Community gym with 2,800 members and 45 weekly classes.

- Teach 6 group classes a week in HIIT, dance cardio and strength training, averaging 22 members a class.
- Plan every class in timed blocks with choreography set to the beat, refreshing playlists every 4 weeks.
- Adapt each move with low-impact options for beginners and older members, with no class injuries this year.
- Build client relationships after class, bringing 30 members into a monthly 6 a.m. challenge.

Front Desk Lead

05/2023 - 08/2025

Desert Palms Fitness Club Tempe, AZ

Part-time role during college, 25 hours a week.

- Checked in up to 400 members a shift and settled billing questions with patient customer service.
- Sold 120 memberships in 2024 through club tours and guest-pass follow-up calls.
- Trained 5 new desk staff on the check-in system, opening steps and emergency procedures.

Education

Bachelor of Science

05/2025

Arizona State University Tempe, AZ

Exercise and Wellness

Skills

- Class Planning
- Choreography
- HIIT
- Dance Cardio
- Strength Training
- Musicality
- Low-Impact Options
- CPR/AED
- Customer Service
- Communication

Certificates

AFAA Group Fitness Instructor

08/2025

NASM-AFAA

CPR/AED

08/2025

American Heart Association