KAYLA MORGAN

PERSONAL TRAINER

CONTACT

kayla.morgan@email.com

(512) 555-0136

Austin, TX

linkedin.com/in/kaylamorgan

SKILLS

- Personal Training
- Fitness Assessments
- Strength Training
- Exercise Technique
- Program Design
- Nutrition Coaching
- Bootcamp Classes
- CPR/AED
- Communication
- Customer Service

EDUCATION

Bachelor of Science

05/2022

Texas State University

San Marcos, TX

Kinesiology

CERTIFICATES

NASM Certified Personal Trainer (CPT)

07/2022

National Academy of Sports Medicine

CPR/AED

02/2026

American Red Cross

SUMMARY

NASM-certified personal trainer with 4 years coaching adults from first-time members to marathon runners at a large club and a private studio. Runs fitness assessments, handles program design for strength training and fat loss, and coaches exercise technique with safety first. Keeps a book of 28 regular clients through clear communication and steady results.

EXPERIENCE

Personal Trainer

03/2024 - Present

Barton Creek Athletic Club

Austin, TX

Full-service club with 4,500 members and a 14-trainer team.

- Coach **28** regular clients in 1-on-1 and small-group sessions, about 32 sessions every week.
- Run fitness assessments for new members covering posture, mobility and strength, converting 41% into paid packages.
- Design 12-week strength training programs, with clients averaging a 15% gain in key lifts per cycle.
- Review food logs and give nutrition coaching within club guidelines for 10 weight-loss clients.

Fitness Floor Trainer

06/2022 - 02/2024

East Side Strength Studio

Austin, TX

Strength-focused studio with 900 members.

- Corrected exercise technique for 60+ members a shift and taught safe use of racks, cables and machines.
- Sold 85 personal training packages in 2023 through complimentary intro sessions and member follow-up.
- Led 3 weekly bootcamp classes of 12–15 members with options for every fitness level.
- Inspected equipment at opening and logged repairs, keeping the floor safe and clean for members.