Jasmine Reyes

// Stretch Therapist

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> SUMMARY

Stretch therapist with 1.5 years of one-on-one assisted stretching work and a degree in kinesiology. Runs mobility assessments and PNF and active isolated stretching sessions for athletes, desk workers and older adults, about 30 sessions a week. Brings empathy and clear communication to every client and keeps rebooking above studio targets.

> SKILLS

• Assisted Stretching • PNF Stretching • Active Isolated Stretching • Mobility Assessment • Range of Motion • Kinesiology • Anatomy • Client Retention • Empathy • Communication

> EXPERIENCE

Stretch Therapist 05/2025 - Present

Desert Flex Studio Scottsdale, AZ

Assisted stretching studio with 6 therapists and 400 members.

- Deliver **30** one-on-one assisted stretching sessions a week for clients aged 18 to 82, from athletes to retirees.
- Run a mobility assessment at each first visit and write an 8-week range of motion plan for the client.
- Apply PNF stretching for golfers and runners, raising average hip range of motion scores by 15% in 8 weeks.
- Convert 40% of intro sessions into monthly memberships, the second-highest rate among 6 therapists.

Personal Trainer (Part-Time) 08/2023 - 04/2025

Camelback Fitness Club Phoenix, AZ

Part-time role at a 2,500-member gym during the last 2 years of college.

- Coached 15 regular clients through strength and mobility programs 3 evenings a week, with 80% staying 6+ months.
- Led a weekly 45-minute mobility and stretching class for 20 members on average, using anatomy cues for each move.
- Recorded client progress in the gym's app and adjusted each plan every 4 weeks based on results.
- Earned 12 five-star reviews on the club's trainer page in the first year, the most among part-time trainers.

> EDUCATION

Bachelor of Science 05/2025

Arizona State University Tempe, AZ

Kinesiology

> CERTIFICATES

NASM Certified Personal Trainer (CPT) 06/2023

National Academy of Sports Medicine

CPR/AED and First Aid 03/2026

American Red Cross