

Priya Sharma

Gym Instructor

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Level 2 qualified fitness instructor with **18 months** of gym floor experience and a background in competitive swimming. Completed over **300 gym inductions** at The Gym Group and consistently maintained member satisfaction scores above **90%**. Currently working towards a Level 3 Personal Training qualification. Looking for a gym instructor position where I can deliver group classes, support member goals, and grow into personal training.

Experience

Gym Instructor, The Gym Group, Leeds

Sep 2024 – Mar 2026

Full-time gym floor instructor at a busy city centre branch with over 6,000 members.

- Conducted **over 300 new member inductions**, covering equipment usage, health screening, and introductory programme design
- Delivered **4 group exercise classes per week** (circuits, spin, and body conditioning) with average attendance of **24 participants**
- Maintained a member satisfaction score of **92%** across quarterly surveys, placing in the **top 3 instructors** in the region
- Identified and reported **8 equipment faults** during routine checks, preventing potential safety issues

Lifeguard and Swimming Instructor, Leeds City Council Leisure Services, Leeds

Jun 2022 – Aug 2024

Part-time lifeguard and swimming instructor at John Charles Centre for Sport.

- Taught swimming lessons to **over 80 children and adults** per term across Swim England Stages 1 to 7
- Maintained **zero poolside incidents** across 400+ hours of lifeguarding shifts

Education

BTEC Level 3 Extended Diploma in Sport in Sport, Leeds City College, Leeds

Sep 2020 – Jun 2022

Achieved Distinction, Distinction, Merit (DDM).

- Modules included: Anatomy and Physiology, Fitness Testing, Sports Coaching, Exercise and Health, Sports Injuries
- Completed a **100-hour** coaching placement at a local leisure centre

Skills

Gym Floor Supervision • Group Exercise Instruction • Programme Design (beginners) • Health Screening (PAR-Q) • Equipment Maintenance Checks • Swimming Instruction (Swim England) • Customer Service • First Aid (Level 3) • Body Composition Assessment • Time Management

Certifications

Level 2 Certificate in Fitness Instructing (Gym), Active IQ

Jan 2023 – Apr 2023

National Pool Lifeguard Qualification (NPLQ), Royal Life Saving Society UK

May 2022 – Jun 2022

Swim England Level 1 Teaching Assistant, Swim England

Sep 2022 – Nov 2022

Languages

English - Native • Hindi - Conversational

Extra Curricular Activity

Competitive Swimmer, City of Leeds Swimming Club

Sep 2016 – Jun 2022

Competed at regional and national level in backstroke and individual medley events.

- Achieved **3 Yorkshire County Championship medals** (1 gold, 2 bronze) and qualified for the **British Swimming Championships** in 2021
- Trained **8 sessions per week** (approx. 20 hours) alongside full-time education

Volunteer, Leeds Beckett University Open Day Fitness Demos

Sep 2023 – Mar 2024

Demonstrated fitness equipment and exercise techniques to prospective students at university open days.

- Assisted at **4 open day events**, engaging with over **200 visitors**