

SIR

SANJAY ROY

----- FITNESS INSTRUCTOR/PERSONAL TRAINER -----



9th Street Banivas Abu Dhabi,
United Arab Emirates



+971566110391



tannymahajan51@gmail.com



Fitness Instructor with previous experience as Personal trainer/General trainer, looking to join the executive team of a pioneering organization with ambitious plans for growth, ability to motivate and engage clients to achieve results.

WEBSITES & SOCIAL LINKS

WORK EXPERIENCE

EDUCATION

BACHELOR OF SCIENCE

Calcutta University / Kolkata 2017

HIGH SCHOOL DIPLOMA

Sarsuna High School / Kolkata 2013

SKILL

- Multi-Task Management
- Designing exercise programs
- Customer service
- Customer satisfaction
- Quick learner

LANGUAGES

English

Hindi

Bengali

Arabic

FITNESS INSTRUCTOR/PERSONAL TRAINER

Gold's Gym / Since March 2023 still working / UAE

FITNESS INSTRUCTOR/PERSONAL TRAINER

Metro Fit Gym / Since June 2022 - February 2023 as a freelancer / UAE

FITNESS INSTRUCTOR/PERSONAL TRAINER

Steel Gym / Since June 2020 - May 2022 / UAE

FITNESS INSTRUCTOR/PERSONAL TRAINER

Karma The Fitness Studio / July 2017 - March 2020/ Kolkata

- Counseled clients on how to meet their fitness goals and encouraged them to take part in group activities in the gym.
- Assisted clients to attain their personal fitness goals by creating new routines or modifying existing routines that avoided injuries and maximized their effort in performing the exercises.

DRIVING LICENSE

Driving license category

Four wheeler (UAE)

Two wheeler/Four wheeler (India)

PERSONAL DETAILS

Date of birth

01/06/1992

Nationality

Indian

Visa status

Sponsor visa

Marital status

Married

FITNESS INSTRUCTOR

Magnum Gym (Morning shift) /July 2018 - March 2020/ Kolkata.

- Successfully achieved facility goals, revenue goals and increased retention rate of members.
- Discussed needs of individual members and devised methods for them to accomplish their goals.

FITNESS TRAINER

Haward Johnson hotel (Morning shift) / Dec 2017 - Jul 2018/ Kolkata

- Supervised patrons as they exercised to ensure they used the equipment correctly and suggested alternate exercises when they encountered difficulties.

GYM INSTRUCTOR

Income tax colony, Saltlake, kolkata / Oct 2013 Apr 2015/ Kolkata

COURSES

CERTIFIED FITNESS INSTRUCTOR

ISSA Certified personal trainer (PD approval)

National Skill Development corporation India / May 2017

HOBBIES

Gym, Playing Guitar, Listening Music

Date:

Place:

Signature