



# JAKE THOMAS

Chicago, IL  
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LinkedIn | Portfolio

**Passionate fitness trainer with expertise in health coaching and exercise programming**

Enthusiastic about **helping clients achieve fitness goals through customized training programs and lifestyle guidance.**

## Professional Experience

June 2023 - Present

**Fitness Instructor (Intern)** *Core Gym*

- Designed and led **weekly group workouts**, improving member retention by **20%**
- Educate clients on proper **nutrition and exercise techniques**

August 2022 - May 2023

**Student Sports Trainer** *Lincoln High School*

- Assisted school athletes with **injury prevention and recovery exercises**
- Supported physical education teachers in developing **strength training routines**

## Key Skills

- Personal training and group fitness coaching
- Exercise program development and strength training
- Client motivation and goal setting
- CPR and first aid certified

## Education

May 2025

**Candidate: Associate Degree in Exercise Science** Chicago Community College

## Certifications

April 2023

**CPR & First Aid Certified** American Red Cross