

SEAN CANNON

5053 Carbondale Way
Antioch, CA 94531
763.807.9338
Sean@SeanCannon.com

OBJECTIVE

To secure a Group Fitness Instructor position at a respected health club in the Bay Area

PROFESSIONAL EXPERIENCE

6/94 - 10/06

Experience includes group instruction, personal training, metabolic assessment and program design, Active Isolated Stretching, and management of a personal training department. Currently a NETA-certified Group Fitness Instructor.

FITNESS INDUSTRY EMPLOYMENT

Lifetime Fitness | Group Fitness Instructor

8/2005 - 10/2006; New Hope, MN & Plymouth, MN;

Instructed various fitness levels and class formats in a fun, safe, and enthusiastic manner. Class formats included Definitions, Core, Basic Training, and Total Conditioning. Classes covered a wide range of elements including step, functional equipment (free weights, resistance bands, stability ball, BOSU, etc.) usage, calisthenics, plyometrics, and more. Also offered classes which incorporated metabolic heart rate training for optimal fat cell utilization.

Lifetime Fitness | Personal Trainer

10/2005 - 5/2006; Plymouth, MN;

Worked with health club members as a personal trainer. Designed workouts, macronutrient intake plans, customized training sessions, as well as focused on accommodating specific physical challenges (i.e. injuries, obesity, etc.). Specialized in O2 training and performed VO2 tests and Metabolic Assessment Profiles. Also specialized in Active Isolated Stretching (Aaron Mattes method).

Bally Total Fitness | Personal Training Director

10/2002 - 4/2003; Eagan, MN

Managed the personal training department staff, duties, and activities. Assigned clients to trainers and organized group prospecting events. As Bally was corporately adopting the Crunch Fitness personal training policies, I also attended National fitness conferences and worked with Crunch Fitness representatives to obtain new ideas and exercises which I would then relay to my training staff.

Bally Total Fitness | Personal Trainer

9/2001 - 10/2002; New Hope, MN

Worked with health club members as a personal trainer. Designed workouts, diet plans, and other training sessions, as well as focused on specific physical challenges (i.e. injuries, obesity, etc.).

Maple Grove Senior High School | Self Defense Instructor (Volunteer)

9/1999 - 3/2001; Maple Grove, MN;

Worked with 15-18 year old students in a monitored class setting in an effort to help them build confidence and knowledge through self defense-style martial arts instruction.

EDUCATION

2001; Brown Institute | US-MN-Mendota Heights, E-commerce program

2000; Fort Leonard Wood | US-MO-Fort Leonard Wood Military Police Academy