

Tahj Tinari

Fitness Instructor

Profile

I have over 5 years of experience teaching group fitness classes and helping people reach their fitness goals. I am passionate about health and wellness, and love sharing my knowledge with others. I am certified in multiple exercise modalities, including spin, yoga, Pilates, and more. I pride myself on being able to adapt my classes to meet the needs of any group or individual. In addition to teaching group fitness classes, I also offer personal training services. I enjoy working one-on-one with clients to help them achieve their unique fitness goals

Employment History

Certified Personal Trainer at Orangetheory Fitness, IL

Feb 2022 - Present

- Taught 500+ group fitness classes.
- Trained 100+ personal training clients.
- Created and sold 12 nutrition programs.
- Successfully lost 50 pounds and kept it off for 10 years.
- Ran 3 marathons.
- Qualified as a Certified Strength and Conditioning Specialist (CSCS).

Fitness Instructor at CorePower Yoga, IL

Sep 2017 - Jan 2022

- Developed and implemented new fitness programs that resulted in a 20% increase in membership.
- Led group exercise classes that increased member participation by 30%.
- Created individualized workout plans for members that helped them lose an average of 10 pounds each.
- Onboarded and trained new staff on company policies and procedures.
- Wrote periodic reports on the state of the department and made recommendations for improvements to upper management.

Certificates

National Certification Exam for Therapeutic Massage and Bodywork (NCETMB)

Aug 2020

American Council on Exercise Personal Trainer Certification (ACE-CPT)

Oct 2018

National Strength and Conditioning Association Certified Strength and Conditioning Specialist (CSCS)

May 2017

✉ tahj.tinari@gmail.com

☎ 299-909-1784

📍 101 W. Randolph St., Chicago, IL 60601

Education

High School Diploma at Seward New School, IL

Aug 2012 - May 2017

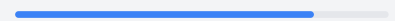
While studying for my High School Diploma, I was able to maintain a 4.0 GPA and was involved in many extracurricular activities.

Links

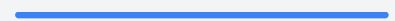
[linkedin.com/in/tahjtinari](https://www.linkedin.com/in/tahjtinari)

Skills

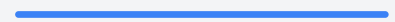
Communication



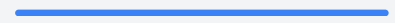
Motivational



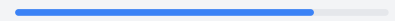
Interpersonal skills



Organizational ability

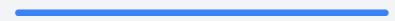


Time management skills



Languages

English



Indonesian

