

# Julisa Pineda

1776 Polk St 1401 Hollywood, Florida 33020  
Email: yulyspin.pt@gmail.com | Tel: 424- 413-0900



## Professional Summary

Dedicated and experienced personal trainer with a passion for helping others achieve their fitness goals. Over 7 years of experience in the fitness industry, working with top gyms and creating impactful content for social media. Proficient in kinesiology, computer science, and management, with a proven track record of success in both personal training and digital marketing.

## Work Experience

### **NextStep Fitness**, Neurorecovery Center

Personal Trainer

September 2022 – August 2024

- Developed customized fitness programs for clients recovering from neurological injuries.
- Collaborated with a multidisciplinary team to provide holistic care.
- Recognized for outstanding client results and retention.
- (NMES) NeuroMuscular Electrical Stimulation, (FES) Functional Electrical Stimulation, and (LT) Locomotor Knowledge

### **Gold's Gym**

Personal Trainer

March 2023 – August 2024

- Delivered high-quality personal training sessions to a diverse clientele.
- Implemented effective fitness strategies that boosted client performance and satisfaction.
- Achieved high client retention through personalized training approaches.

### **The Fitness Team Gym**, Girona, Spain

Personal Trainer

2017 – 2018

- Provided personal training services to a broad range of clients.
- Helped clients achieve significant fitness improvements through tailored workout plans.