

KEVIN SEIM

GROUP FITNESS INSTRUCTOR

770-361-2154
KevinSeim1@gmail.com
Peachtree Corners, GA

PROFESSIONAL LICENSES

- Les Mills BodyPump
- Les Mills RPM
- Les Mills BodyFlow
- SCHWINN Cycle
- CPR/AED



PROFILE

5 years Group fitness instructor
20 years business experience in getting things done and leading people

EXPERIENCE

YMCA, Peachtree Corners GA **Present since 2021**
Teach weekly classes for Cycle and Les Mills BodyPump
Class sizes vary from 10-20

OneLife Fitness, Dunwoody GA **Present since 2020**
Teach weekly classes for Les Mills RPM and Les Mills BodyPump
Class sizes vary from 10-20

Zoo Gym Elite, Sandy Springs GA **2019-2021**
Teaching weekly classes for Les Mills RPM and Les Mills BodyPump and Les Mills BodyBalance
<gym has closed>

RISE Fitness, Peachtree Corners GA **2018-2021**
Teaching weekly classes for Les Mills RPM and Les Mills BodyPump and Les Mills BodyBalance
<gym has closed>

Golds Gym, Woodstock GA **2020-2021**
Substitute instructor for RPM and BodyPump

CERTIFICATIONS

Les Mills BodyPump, BodyBalance, RPM
Schwinn Cycle
CPR / AED August 2022

EDUCATION

University of Connecticut, MBA
Lemoyne College, BS
