**Julie Blohm**

**7938 City Base Landing APT #7201**

**San Antonio, Tx 78235**

**2105423063**

**Julieblohm34@gmail.com**

**Objective:** Highly motivated and experienced Personal Trainer with a passion for promoting health and wellness. Committed to helping clients achieve their fitness goals through customized workout programs and expert guidance. Seeking a challenging position to utilize my skills and contribute to the success of a fitness facility.

**Education:**

* **Master of Science in Kinesiology with Emphasis in Exercise Science:** The University of Texas A&M San Antonio, San Antonio, TX August 2020 - 2023
* **Bachelor of Science in Kinesiology with Emphasis in Exercise Science, Minor in Business**: The University of Texas at San Antonio, San Antonio, TX December 2014 - May 2018
* **High School Diploma**: Brooks Academy of Science and Engineering, San Antonio, TX August 2007 - June 2014

**Skills:**

* Fluent in English and Spanish (Bilingual)
* Microsoft Word, Excel, PowerPoint, Adobe Reader
* Excellent customer service skills
* Strong team leader and team player

**Experience:**

**Freelance Personal Trainer:** Self-Employed, San Antonio, TX June 2020 - Present

* Create and implement efficient workout programs tailored to clients' needs and goals
* Evaluate clients' fitness goals and track progress
* Provide expert fitness guidance and motivation

**Personal Trainer:** Golds Gym, San Antonio, TX November 2019 - March 2020

* Assisted clients in achieving their fitness goals through personalized exercise routines
* Created and implemented productive workout programs
* Maintained an organized and efficient training environment

**Healthy Living Specialist/Wellness Coach:** The YMCA of Greater San Antonio, San Antonio, TX August 2018 - November 2019

* Developed and implemented workouts with modifications to accommodate diverse populations
* Handled administrative tasks such as making calls, data entry, and adjusting lessons
* Participated in health fairs and promoted evidence-based programs

**Bartender:** Down on Grayson, San Antonio, TX November 2016 - June 2019

* Provided excellent customer service by delivering quality drinks and maintaining a clean and organized bar area

**Volunteer/Events:**

* Intern at The Physical Therapy and Sports Performance Clinic (January-May 2014)
* Member of the Collegiate Women's Wrestling Team at Lindenwood University (August-December 2014)
* President of the Wrestling Club at the University of Texas at San Antonio (January 2015-August 2016)
* Mainland Complex Volleyball Team (March-April 2017)
* Intern at the YMCA of Greater San Antonio (May-July 2018)
* Volunteer for Brooks Academy's Wrestling Program (August 2019-Present)
* NPC Bodybuilding Wellness Competitor (2022-2023)
* Volunteer as a Powerlifter Official Corner Stone High School (January 2023)
* Presenter for Student Research Symposium at Texas A&M San Antonio (April 2023)

**Relevant Coursework:**

* Motor Development
* Exercise Physiology

**References:** Available upon request