**GIRISH NAYYAR**

***Flat no: 301, 2nd Floor, XYZ Apartments, Nungambakkam, Chennai, Tamilnadu 600034.  
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**Profile Summary**

Result-oriented Gym trainer committed to transforming fitness goals into tangible achievements. With a background of 6 years, I specialize in designing dynamic workout routines that maximize strength, endurance, and overall wellness.

**Professional Experience**

**Group Fitness Instructor at XYZ Fitness Studio, Chennai**  
***(01 Feb 2019 to 30 Apr 2020)***

* Led a variety of group fitness classes, including but not limited to spin, high-energy cardio, and strength training.
* Design and implement innovative and challenging workouts to keep participants motivated and engaged.
* Provide modifications and individualized attention to meet the diverse needs of class participants.
* Actively promote fitness programs and assist in organizing fitness challenges to boost member engagement.

**Wellness Coach at XYZ Corporate Wellness Program, Chennai  
*(01 May 2020 to Present)***

* Conduct individual wellness assessments and collaborate with clients to set achievable health and fitness goals.
* Develop and implement workplace wellness initiatives, including lunchtime fitness classes, educational workshops, and fitness challenges.
* Provide ongoing support and guidance to employees in achieving and maintaining a healthy work-life balance.
* Collaborate with a multidisciplinary team to promote overall employee well-being.
* Conduct fitness orientations and assist members in creating personalized workout plans.

**Education**

* Bachelors in Science (B.Sc.) from Guru Nanak Degree College
* Intermediate Bi.P.C from St Johns Educational Trust
* 10th Class from Vidyamandir Sr Secondary School

**Certifications**

* Group Fitness Instructor Certification by ACE Fitness
* Wellness Coach Certification by HSSC
* CPR and AED Certified by SPEFL

**Skills**

* Group Fitness Instruction
* Program Development
* Wellness Coaching
* Event Planning and Coordination
* Community Engagement
* Fitness Facility Management
* Health Promotion
* Interpersonal Communication
* Team Collaboration
* Time Management

**Professional Memberships**

* Member, Aerobics and Fitness Association of America (AFAA)
* Member, International Association of Wellness Professionals (IAWP)

**Personal Details**

Gender : Male  
Date of Birth : 21 Feb 1998  
Father’s Name : Ashok Gupta  
Nationality : Indian  
Marital Status : Unmarried  
Hobbies : Playing Football, Reading  
Languages Known : English & Hindi

**References:** Provided upon request.

**Declaration**

I solemnly confirm all the information provided above is true to the best of my knowledge and belief.

Place:  
Date: Signature.