**Nicholas Giuffre**

1014 Chamboard Lane, Houston, TX 77018 | (713) 376-9278 | ngiuffre@sbcglobal.net

**Career Objective**

Motivated and passionate individual seeking experience and building his knowledge in health, fitness and learning about the human anatomy within a gym or fitness center.

**Education**

**Schreiner University Graduated: May 2019**

**Houston Community College Kerrville, Tx/Houston, Tx**

Completed his Associates Degree

Pursuing a degree in Kinesiology Sports Management

**Lutheran High North High School Graduated: May 2016**

High School Diploma **Houston,** TX

**Skills**

* General skills in Microsoft Word and PowerPoint

**Work Experience**

**Independent Contractor June 2019 - Present**

*Personal Cross Trainer* ***Houston, TX***

* Meets bi-weekly with a client for an hour session and provides a work out with weights, exercise equipment and a floor routine
* Assists client with questions regarding his personal fitness

 **Discover Gymnastics** **July- August 2017/June-August 2018**

 Camp Counselor ***Houston, TX***

* Supervised the campers on the trampoline, tumble track, bars, vault and the gymnastics floor
* On weekends I organizing & set up birthday party events with the children in the gym

**Volunteer Work**

**Spectrum Fusion May 2018 - Present**

*Healthy Power Fusion-Exercise Class* ***Houston, TX***

*Co-Leader*

* Weekly alternate as a co-leader over an hour exercise class with young adults on the spectrum and community members. Encourage exercise class to do a work out and walking routine

*Healthy Fusion-Cooking Class*

* Cook, organize, sort & prepare a meal every week as a co-leader alternate. I pick a recipe, go shopping for ingredients & prepare the meal with a team of young adults on the spectrum who assist in the process
* Apply communication skills to delegate each team member to assist in preparing the meal and putting together a short bio to discuss the recipe being prepared for the day with the tea.

*Music Fusion*

* Organized and coordinated attendance and time for the music group.

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