

Ally Meyer

Motto: Ensuring the success of my staff, programs, and clients allymeyerhello@gmail.com // Denver, Colorado, USA

EXPERIENCE

Manager of Health and Wellbeing Programs

- YMCA of Metro Denver (currently at the Glendale Sports Center) October '18 PRESENT Denver, CO Full-time
- Supervisor for 20+ staff (group exercise instructors and personal trainers)
- Hiring, training, and evaluating staff
- Coordinating program schedules
- Equipment purchases and coordinating repairs
- Creating department Budget
- Personal Training my clients: averaging 10 appointments per week
- Teaching group exercise classes: cardio, strength, yoga, Silver Sneakers, meditation
- Twice an "Interim Manager" for a second facility Both instances supervising 80+ staff and interns; Overseeing 120+ weekly fitness classes; total of 8 months

Executive Assistant

— Main Street Pedicabs

Broomfield. CO — 1 - 10 hours/wk

June '17 - PRESENT

- Supporting the President/Founder in operations of small local manufacturing company
- Managing brand and media content, including websites Pedicab.com & Pedaltruck.com
- International and domestic travel to meet customers
- Assisting with sale of the company and transition to new owners

Site Leader

— Open World Learning (Smith Elementary School)

Denver, CO — 20 hours/wk

June '17 - May '18

- Overseeing staff and daily operations of technology club for elementary schoolers
- Leading events for parents; public speaking in Spanish

Other past jobs include: Teens Trip Coordinator, Lead Tutor and Coordinator, Personal Trainer, Group Exercise Instructor, Residential Leasing Agent

EDUCATION

B.S. Health Sciences: Education and Promotion

— Clemson University - South Carolina, USA

Fall '13 - Spring '16

- 3.9 GPA and graduated in 3 years
- Out-of-state Scholarship recipient
- Magna Cum Laude, Dean's List, and Travel Grant recipient through the Honors College

View my portfolio: www.allymeyer.com

SKILLS

- Microsoft Office
- Designing marketing materials (Canva & Publisher)
- Website editing (WordPress & Wix)
- Video editing (iMovie)
- De-escalating conflict; active listening and enforcing policies

CERTIFICATIONS

- Certified Personal Trainer (ACSM)
- Primary Group Exercise Instructor (AFAA)
- Advanced Yoga
 Instructor (FiTour)
- Advanced Aqua Instructor (FiTour)
- CPR/AED/First Aid
- PADI Open Water Diver

RECENT AWARDS

- 2022- Key Contributor of the Year (Glendale Sports Center/YMCA)
- 2021- nominee for Key Contributor of the Year (Glendale Sports Center/YMCA)