



Yara Crawford

Group Fitness Manager

Experienced in managing group fitness operations across multiple studio formats, with budget responsibility of \$156,700 a year and a focus on class attendance and member safety. Grew class attendance by 47.9% over 14 months by restructuring schedules and adding evening HIIT and cycling sessions informed by member demand surveys. Holds a First Aid/CPR/AED certification from the American Red Cross and a BS in Exercise Science.



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KEY SKILLS

- AFAA Group Exercise Guidelines
- ACE Safety Protocols
- Program Budget Management
- TRX Suspension Training
- BOSU Balance Training
- Heart-Rate Monitor Integration
- Class Schedule Design
- OSHA Workplace Safety
- Free-Weight Programming
- Spin / Cycling Instruction

CERTIFICATIONS

- First Aid/CPR/AED, American Red Cross, 2023

PROFESSIONAL EXPERIENCE

GROUP FITNESS MANAGER

ABSAROKA PEAK FITNESS CENTER, LIVINGSTON, MT | 2020 – PRESENT

- Completed 5 equipment safety inspections per week across 3 studio rooms, covering spin bikes, TRX suspension trainers, BOSU balance trainers, and free weights to meet OSHA workplace safety standards.
- Grew class attendance by 47.9% over 14 months by restructuring the weekly schedule and adding evening HIIT and cycling sessions based on member demand surveys.
- Reduced participant injury rate by 41% in the first year by introducing mandatory movement screenings, enforcing proper breathing technique instruction, and posting footwear guidelines at each studio entrance.
- Administered a \$156,700 annual program budget, allocating funds across equipment, music licensing, and member marketing.
- Planned class routines with age-appropriate music selections and sequenced movements for different muscle groups, adjusting intensity for participants with mobility limitations.

SENIOR GROUP FITNESS INSTRUCTOR

YELLOWSTONE GATEWAY ATHLETIC CLUB, BOZEMAN, MT | 2017 – 2020

- Raised weekday class attendance by 26% within 9 months by piloting a lunchtime express cycling format and promoting it through in-facility signage.
- Performed 4 equipment safety inspections per week on 16 spin bikes and 12 BOSU balance trainers, logging findings and scheduling repairs within 48 hours of any deficiency.
- Taught proper breathing techniques during strength and cardio segments, lowering the studio's quarterly injury rate from 6 incidents to 2 incidents over 8 months.
- Advised participants on appropriate training shoes and clothing for cycling, trampoline, and floor-based formats, distributing printed guidance cards to 112 members.

GROUP FITNESS INSTRUCTOR

PARADISE VALLEY COMMUNITY RECREATION, LIVINGSTON, MT | 2014 – 2017

- Increased evening class attendance by 18% over the first year by designing a progressive free-weight circuit series with scaled options for beginners.
- Conducted 3 equipment safety inspections per week on trampolines, free weights, and heart-rate monitors, documenting condition reports in a shared log.
- Coached participants through exhalation timing during exertion phases in strength classes, contributing to a 29% drop in strain-related injuries across 11 months.

EDUCATION

BS in Exercise Science

Ball State University, Muncie, IN | 2010 – 2014