



Chloe Koh

Lead Instructor

Certified group fitness professional with 6 years of experience training 7 instructor mentees, redesigning class programming, and raising member satisfaction scores from 3.8 to 4.6 out of 5.0. Managed equipment inventories for spin bikes, BOSU balance trainers, and free weights within a \$62,340 annual budget while monitoring programs for over 140 active members.



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KEY SKILLS

- AFAA Group Exercise Guidelines
- HIIT Programming
- TRX Suspension Training
- BOSU Balance Training
- Heart-Rate Monitor Integration
- Free-Weight Instruction
- Spin / Cycling Class Design
- CPR/AED
- Class Scheduling
- Microsoft Word

CERTIFICATIONS

- AFAA Group Fitness Instructor Certification, Athletics and Fitness Association of America, 2020

PROFESSIONAL EXPERIENCE

LEAD INSTRUCTOR | OZARK RIDGE FITNESS CLUB, BOLIVAR, MO 2023 – PRESENT

- Trained 7 instructor mentees over 18 months, guiding each through AFAA group exercise guidelines, cueing techniques, and class-flow design until they led sessions independently.
- Raised the studio's member satisfaction score from 3.8 to 4.6 out of 5.0 by redesigning warm-up sequences and adding cooldown mobility drills based on quarterly survey responses.
- Maintained fewer than 1 incident report per quarter by enforcing equipment safety rules and screening participants for contraindications before every session.
- Monitored participant progress across 143 active members and adapted programs to accommodate injuries, pregnancy modifications, and age-related limitations.
- Managed equipment inventories for 24 spin bikes, 18 BOSU balance trainers, and 96 free weights, completing monthly audits and reordering supplies within \$62,340 annually.

GROUP FITNESS INSTRUCTOR | POMME DE TERRE RECREATION CENTER, HERMITAGE, MO 2021 – 2023

- Achieved a 4.4 out of 5.0 member satisfaction score by incorporating heart-rate monitors into cycling and HIIT classes so participants could track exertion in real time.
- Filed an average of 2 incident reports per quarter, documenting each event within 30 minutes and coordinating follow-up care with facility management.
- Explained and enforced safety regulations for TRX suspension trainers and free weights, reducing form-related complaints from 9 to 3 per month over one year.
- Selected, stored, and issued equipment for 8 class formats, maintaining an organized storage system that kept setup under 9 minutes per session.

GROUP FITNESS INSTRUCTOR | CEDAR HOLLOW ATHLETIC CENTER, SPRINGFIELD, MO 2020 – 2021

- Mentored 2 instructor mentees during their first 90 days, observing their classes and providing written feedback on cueing accuracy and participant engagement.
- Earned a 4.1 out of 5.0 member satisfaction score by surveying attendees quarterly and revising class structure based on their responses.
- Tracked participant progress using attendance logs and body-composition records for 67 members, adjusting exercise intensity every 4 weeks.

EDUCATION

- BS in Exercise and Movement Science
Missouri State University, Springfield, MO | 2016 – 2020