



Bilal Mizrahi

Group Fitness Instructor

ABOUT ME

Entry-level group fitness instructor with 2 years of experience completing an average of 19 fitness assessments per month through pre-class consultations and baseline tracking. Maintained a client retention rate of 87.05% across all assigned class formats by offering scaled alternatives for beginners, intermediate, and advanced participants. Trained in AFAA Group Exercise Guidelines, CPR/AED, BOSU Balance Training, and Heart-Rate Monitors.

PROFESSIONAL EXPERIENCE

Group Fitness Instructor

Magnolia Trail Fitness Center, Laurel, MS | 2025 - Present

- Completed an average of 19 fitness assessments per month by scheduling pre-class consultations and tracking each participant's baseline strength, flexibility, and cardiovascular capacity.
- Maintained a client retention rate of 87.05% across all assigned class formats by offering scaled alternatives for beginners, intermediate, and advanced participants.
- Taught and demonstrated proper form on trampolines and free weights, keeping average class duration at 48 minutes to fit the facility's rotating studio schedule.
- Administered emergency first aid and wrapped minor injuries for participants, documenting each incident and referring 3 individuals to physicians over 7 months.

Fitness Floor Assistant

Pine Belt Community Recreation, Hattiesburg, MS | 2024 - 2025

- Guided members through BOSU balance trainer exercises and free-weight circuits during open-gym hours, completing 11 fitness assessments per month for new and returning participants.
- Helped raise the facility's quarterly client retention rate from 74.4% to 84.1% by greeting returning members, tracking attendance, and following up with participants who missed 2 or more sessions.
- Offered movement alternatives during peak hours to accommodate participants with knee or shoulder limitations, supporting average session lengths of 42 minutes.

CONTACT INFORMATION



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EDUCATION

BS in Kinesiology, Exercise Science emphasis

University of Southern Mississippi,
Hattiesburg, MS
2020 - 2024

KEY SKILLS

- AFAA Group Exercise Guidelines
- CPR/AED
- Free Weights
- BOSU Balance Training
- Trampoline Cardio Drills
- Heart-Rate Monitors
- Fitness Assessment Protocols
- Movement Modification Techniques
- Microsoft Word
- Sound System Operation