

## Leigh Pranger

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Allendale, MI 49401  
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### Objective

To obtain a position in fitness/wellness where I can promote the development of competent physical function throughout the adult life span.

### Education

**Grand Valley State University** Allendale, MI  
Bachelor of Science in Movement Science (anticipated graduation 04/0\_)

### Relevant Experience

**Grand Valley State University Health, Recreation & Wellness Center** Allendale, MI  
*Fitness Leader (05/0\_-present)*

- Teach beginner, intermediate and advanced aerobic conditioning sessions
- Instruct clients in proper technique for weight training of abdominal, upper and lower body muscle groups
- Lead participants in deep water and shallow water exercise class incorporating strength training and aerobic activities
- Create, promote and lead strength training class designed for university faculty and staff

**Grand Valley State University Health, Recreation & Wellness Center** Allendale, MI  
*Personal Trainer (09/0\_-05/0\_)*

- Worked with previously sedentary adult to improve physical fitness for general health and taught successful aging strategies
- Specialized in core strength training and elimination or prevention of lower back pain
- Focused on exercise techniques used during pregnancy to promote health for the mother and child
- Recognized as Personal Trainer of the Year 20\_\_-20\_\_

**Beacon Hill Athletic Club** Kentwood, MI  
*Fitness Assistant (4/0\_-8/0\_)*

- Registered club members and provided locks and keys for use in the locker room facilities
- Assisted members with Nautilus, free weights and cardiovascular equipment
- Led a weekly Walking Clinic and instruction on proper techniques for fitness walking
- Provided fitness evaluations including: submaximal step test, body fat composition and flexibility test
- Taught a weekly abdominal conditioning class with 12 participants
- Created health related bulletin boards and informational handouts for club members

### Activities

*Member*, Fitness/Wellness Council, Grand Valley State University, 09/0\_-Present  
*Team Member*, Grand Valley State University Cross Country, 09/0\_-Present  
*Residential Assistant*, Grand Valley State University, 08/0\_-05/0\_

References Available Upon Request

## Leigh Pranger

### References

Steve Aldrink  
Director  
Grand Valley State University  
Health, Recreation & Wellness Center  
108 Recreation Center  
Allendale, MI 49401  
(616) 555-3486

Shelly Herman  
Assistant Coach, Cross Country  
Grand Valley State University  
Health, Recreation & Wellness Center  
108 Recreation Center  
Allendale, MI 49401  
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Brian Johnson  
Associate Professor  
Movement Science Department  
Grand Valley State University  
192 Fieldhouse  
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(616) 555-2945

Jeff Simpson  
Fitness Director  
Beacon Hill Athletic Club  
763 N. Maple Drive  
Kentwood, MI 49503  
(616) 555-8345