
SAMUEL NAVARRO AYALA

Alpharetta, GA 30022 | C: (470) 292-7995 | snavarro@samuelnavarrofitness.com

Summary

Aspiring fitness entrepreneur looking to work as an intern at an exercise, nutrition, or sports science center to gain hands-on experience and knowledge behind health and nutrition. Pursuing a long-term goal of obtaining a BCs degree in Exercise Science/Physiology or the like.

Skills

- Time management
 - Bilingual communication
 - Customer service
 - Nutrition and weight loss management
 - Designing exercise programs
 - Website design
 - Administrative
 - Adaptability
 - Responsibility
 - Leadership
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Experience

Kiosk Worker **07/2020 to Current**
CruzzzzMe Mall Rides at North Point Mall **Roswell, GA**

- Interact with customers, handle transactions, document payments, and clean rides after use.
- Give directions to customers in the mall.
- Work 8hr shifts (11AM-7PM), currently on-call.

Entrepreneur **01/2020 to Current**
Samuel Navarro Fitness **Alpharetta, GA**

- Tailor workout routines to avoid injuries, maximize effort, and facilitate client attainment of personal fitness goals.
- Guide clients on proper nutrition and exercise habits.
- Watch clients during exercises and assisted with exercises.
- Conduct weekly check-in meetings with clients for evaluation.
- Active promoter of personal wellness, health facts and tips on social media.
- Written and posted 20+ evidence-based blogs covering fitness, health, nutrition, and goal-setting.

Building Manager/Cleaner **08/2017 to Current**
Global Dance Academic & Arts Studio **Roswell, GA**

- Complete custodial rounds, including sweeping and vacuuming, disinfecting, glass cleaning and trash collecting.
 - Restock supplies, replacing toiletries, liners and soaps.
 - Notify management of structural issues and major repairs.
 - Follow security procedures for building lock-up.
 - Work 2-hrs/day (weekdays).
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Education and Training

12th grade **Expected in 2021**
Centennial High School **Roswell, GA**

- 4.0 (3.7 U/W) GPA
 - Honors, AP, and Dual Enrollment student
 - 200+ service hours
 - Wrestling, Track & Field, Raiders.
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Associations

- **Superintendent's Student Advisory Council** - Fulton County Schools (August 2020 - present)

- **Battalion Commander** — JROTC (July 2020 - present)
- **Vice President of Development** — HoPe Club (July 2020 - present)
- **Entrepreneur** — samuelnavarrofitness.com (January 2020 - present)

Awards

Sons of the American Revolution Outstanding Cadet - Demonstrated superior leadership abilities, military bearing, and overall academic excellence (February 2020).

Superior Junior Cadet - Highly decorated cadet (May 2020 & 2019).

Centennial Scholar-Athlete - Academic & sports excellence (May 2019).

Websites, Portfolios, Profiles

- samuelnavarrofitness.com
- @samuelnavarrofitness

Languages

Fluent English and Spanish

References

Liesel Lane — liesel.lane@gmail.com

Owner, Global Dance; Boss

Jonathan Nepute — neputej@fultonschools.org

JROTC Instructor

Ray Daniels — danielsr@fultonschools.org

JROTC Instructor