
SAMUEL NAVARRO AYALA

Alpharetta GA | snavarro@samuelnavarrofitness.com

Summary

Driven business owner 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 BS degree in Exercise and Sports Science.

Skills

- Time management
 - Bilingual communication
 - Customer service
 - Nutrition and weight loss management
 - Designing exercise programs
 - Website design
 - Administrative
 - Adaptability
 - Responsibility
 - Leadership
 - Communication
 - Exercise equipment operation
 - Social Media Marketing
-

Experience

Intern **06/2021 to 07/2021**
Road To Hire **Indian Land, SC**

- Learned advanced work such as coding and website creation/design.
- Exercised professional development skills via role playing, simulations, activities, and team exercises.
- Demonstrated enthusiasm and strong communication skill, remaining open to learning new things every day.
- Collaborated with team and leaders to complete assignments/objectives in a virtual environment.

Server **04/2021 to 08/2021**
El Zarape Mexican Restaurant **Roswell, GA**

- Operated POS terminals to input orders, split bills and calculate totals.
- Promoted desserts, appetizers and specialty drinks to optimize sales.
- Enforced minimum age requirements for consumption of alcoholic beverages by checking identification.
- Provided exceptional service to high volume of daily customers.
- Checked with guests to get feedback on food served, resolve issues, bring additional items and refill beverages.

Kiosk Worker **07/2020 to 08/2021**
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), on-call.

Entrepreneur **01/2020 to Current**
Samuel Navarro Fitness **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 06/2021**
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 2hr/day (7:30-9:30pm), weekdays.

Education and Training

Bachelor of Science: Exercise And Sports Science

Queens University of Charlotte

Expected in 05/2025

Charlotte, NC

High School Diploma

Centennial High School

05/2021

9310 Scott Rd, Roswell, GA 30076

- 4.0 (3.7 U/W) GPA
- Honors, AP, and Dual Enrollment student
- 400+ service hours
- Wrestling, Track & Field, Raiders.
- Honor Graduate
- Best all-round senior Recipient
- CHS Scholarship Award Recipient

Associations

- **Superintendent's Student Advisory Council** - Fulton County Schools; Bring student viewpoints and needs to the attention of the superintendent, help improve student experience (August 2020 - May 2021).
- **Entrepreneur** - Samuel Navarro Fitness; Influence & inspire people to achieve their fitness goals (January 2020 - present).
- **Vice President of Development** — HoPe Club; Manage club's finances and lead general meetings (August 2019 - May 2021).
- **Battalion Commander** — JROTC; Responsible for everything the battalion does or fails to do (August 2017 - May 2021).

Awards

The Atlanta Journal Constitution Cup - Best all-round senior at Centennial High School (May 2021).

The CHS Scholarship Award - High school award to select student(s) who demonstrate perseverance, community, and scholarship (May 2021).

Trustee Scholarship - Annual \$10,000 scholarship at Queens University of Charlotte; awarded to the top 1% of applicant pool (March 2021).

Golden Door Scholarship - Full-ride scholarship to any partner school for undocumented/DACA students (November 2020).

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](https://www.instagram.com/samuelnavarrofitness)
- <https://www.linkedin.com/in/navarrosam/>

Languages

Fluent English and Spanish

References

Liezel Lane — liezel.lane@gmail.com

CEO, MyTeenLifeCoach.com

Col. Nepute — neputej@fultonschools.org

Former JROTC Instructor

Sgt. Maj. Daniels — danielsr@fultonschools.org

Former JROTC Instructor