

Esraa Mahmoud

Date of Birth

27-May-1995

Nationality

Egyptian

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Address

El Shaboury – Shobra Al
Khima

Skills

- Communication and listening ✓
- Diet, nutrition, exercise and health ✓
- Giving clear and precise guidance ✓
- Instruction and training ✓
- Knowing, adhering and teaching safety guidelines ✓
- Mentoring and approachability ✓
- Planning and management ✓
- Professionalism and motivation ✓

Education:

Bachelor Of Physical Education College Girls Helwan University (2018).

Work Experience:

Pyramids Academy

General Manager

10 March 2022 – Present

- Responsible for the organization, planning and delivery of the Club's Academy operational and administrative activities.
- To lead the Academy's delivery of administrative, operational, logistical and other support services in consultation with Chief Executive.
- Implement effective financial processes relating to budgetary control, purchases and invoices and other Academy financial transactions.
- Responsible on taking videos for talented kids and teams in Academy to upload it in social media.

Max Gym

Senior Trainer

17th July 2021 – 1 March 2022

- Creating fitness programs
- Special workout programs for Kids – Private.
- Conducting exercise classes (HIIT – Boot Camp).
- Group Floor Activities
- Floor Transformation Camp
- Demonstrating how to use various equipment
- Taking body measurements

Nile Gym

P.T

15th January 2021 – 15th July 2021

- Creating fitness programs
- Motivating clients
- Conducting exercise classes
- Instructing clients
- Demonstrating how to use various equipment
- Taking body measurements

Air Gym – Maadi Branch

Branch Manager:

1st December 2020 – 20th December 2020

- Supervising trainers' performance in floor
- Following up with sales team leader.
- Reporting branch performance report to CEO.

H2O Gym – Nasr City

Branch Manager:

August 2019 – October 2020

- Recruiting, training and supervising staff.
- Following up with branch head coach about trainers' schedules and classes schedules.
- Follow with sales to achieve the branch target
- Enhancing profitability by organizing and delivering an appropriate range of fitness
- Activities and programs.
- Keeping statistical and financial records.
- Maintaining fitness equipment.
- Ensuring compliance with health and safety legislation
- Maintaining customer service standards
- Dealing with enquiries, complaints, and emergencies.

Head Coach Fitness Trainer:

Sep 2018 – July 2019

- Creating fitness programs
- Motivating clients
- Supervising the trainer's performance on floor
- Reviewing the workout programs
- Conducting exercise classes
- Instructing clients
- Demonstrating how to use various equipment
- Helping the management in evaluating trainers

Senior Fitness Trainer:

May 2017– Aug 2018

- Assume the responsibility of training existing clients who are interested in increasing their fitness levels, losing weight and entering competitions
- Provide clients with safe, reasonable exercises that they can perform in the gym as well as at home.
- Taking body measurements
- Give clients ample notice if you need to change appointment times and respond quickly to clients who must change their schedules
- Talk to members of the gym about their goals and introduce them to our personal training packages
- Lead group fitness classes when necessary
- Advise clients about important safety concerns and demonstrate exercises or maneuvers as needed
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Wadi Degla - Maadi

Rhythmic Gymnastics Coach

Feb 2016 – April 2017

- Responsible for the Nationals level program delivered at Olympia, and communication with parents.
- Responsible for kids' fitness level

El Gezeera Club

Fitness Trainer:

May 2017– Aug 2018

- Assume the responsibility of training existing clients who are interested in increasing their fitness levels, losing weight and entering competitions
- Provide clients with safe, reasonable exercises that they can perform in the gym as well as at home
- Give clients ample notice if you need to change appointment times and respond quickly to clients who must change their schedules
- Talk to members of the club about their goals and introduce them to our personal training packages