CHRISTODOULOS KYRIAKOU

PILATES INSTRUCTOR

CONTACT

99-084883

ch.kyriakou1@gmail.com

Psaron 9, Lakatamia, 2312, Nicosia

SKILLS

Motivating Cients

Communication

Leadership

Compassion & Empathy

EDUCATION

PERFORMANCE TRAINING SYSTEM FOR SPORTS AND TEAMS

Peak Performance Online

2022

OFF- SEASON PERFORMANCE TRAINING

Peak Performance Online

2021

BSc Sports Science

UNIVERSITY OF NICOSIA

2014-2019

LANGUAGES

Greek

English

PROFILE

As a highly dedicated and skilled fitness professional with extensive experience in the realm of sports science, I bring a comprehensive background in personal training, group fitness instruction, and athletic coaching. My journey has been marked by a deep commitment to enhancing physical wellness and athletic performance across a diverse clientele, including specialized programs for individuals with specific health considerations.

WORK EXPERIENCE

Fitness Instructor

Block 6 2023-TODAY

- Instruct in group Pilates, Cross Training, Strength Training, and Functional Fitness, along with Personal Training sessions, catering to a wide spectrum of fitness interests and goals.
- Design comprehensive weekly fitness programs, to meet the evolving needs of our clientele and ensure progressive achievement of fitness milestones.
- Develop and implement specialized modifications within exercise routines to accommodate pregnant women, those recovering from injuries, or managing chronic conditions, ensuring a safe and inclusive fitness environment.
- Personalized motivational strategies to support clients in defining and reaching both their immediate and long-term fitness objectives, fostering a culture of success and perseverance.
- Monitor client movements during sessions to guarantee the precision and safety of exercises, thereby maximizing effectiveness and minimizing the risk of injury.
- Uphold the highest standards of cleanliness and organization within the class setting, creating an inviting and conducive atmosphere for optimal fitness experiences.

Fitness Trainer

ALTERLIFE Boutique Nicosia 2019-2023

- Led diverse fitness classes including group Pilates, TRX, EMS, and functional training, catering to a broad range of fitness goals and abilities.
- Provided comprehensive guidance to clients on fitness, sports injury management, and nutritional best practices, enhancing their overall wellness journey.
- Assisted clients in recognizing their individual strengths and areas for improvement, fostering a self-aware approach to personal fitness and growth.
- Designed thoughtful, mindful exercise regimens, personalized to meet the unique needs and goals of each client, ensuring a highly effective and tailored fitness experience.
- Ensured the highest quality of movement in all exercises, meticulously monitoring clients to prevent injury and promote optimal physical health.
- Maintained a pristine and orderly class environment, contributing to a positive, distraction-free setting conducive to wellness and fitness.

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EXPERTISE

- Crafting comprehensive, personalized fitness and wellness programs tailored to individual goals, including strength, flexibility, and endurance training.
- Exceptional ability to motivate clients, helping them set and achieve short-term and long-term fitness goals while fostering a positive and supportive training environment.
- Diligent in monitoring client techniques to ensure safe and effective workout practices, preventing injuries and ensuring high-quality movement.
- Demonstrated leadership skills, effectively collaborating with clients, team members, and other professionals to achieve optimal outcomes.

WORK EXPERIENCE

Trainer

Summer School Camp — Aug. 2019

- Organized and led a variety of classes and athletic games tailored for children aged 5-12, fostering an engaging and active camp experience.
- Developed a comprehensive schedule of camp activities designed to promote physical fitness, teamwork, and fun among young participants.
- Effective communication techniques with children, ensuring a supportive and positive learning environment that encouraged participation and growth.

Personal Trainer

Fitness Studio — 2019

- Skillfully developed and implemented personalized workout plans tailored to the unique needs and objectives of individual clients, enhancing their fitness journey.
- Worked closely with clients to assess their initial fitness levels, establish achievable goals, and monitor their progress, ensuring a structured and effective fitness regimen.
- Provided expert advice on fitness maintenance, sports injury prevention, and nutrition, empowering clients with knowledge to support their wellness outside the studio.
- Led exercise sessions with a keen focus on safe practices, adapting workouts to accommodate the specific physical capabilities and limitations of each participant.
- Maintained clean, organized, and welcoming class settings, creating an optimal environment for health and well-being, conducive to positive client experiences.

Goal Keeper

OMONOIA 1948 FOOTBALL TEAM — 2018-2020

- Demonstrated exceptional skill and dedication as the goalkeeper for OMONOIA 1948 Football Team, contributing significantly to the team's defensive strategy and overall success in competitive play.

Trainer

Summer School Camp — Aug. 2018

- Organized and led a variety of classes and athletic games tailored for children aged 5-12, fostering an engaging and active camp experience.
- Developed a comprehensive schedule of camp activities designed to promote physical fitness, teamwork, and fun among young participants.
- Effective communication techniques with children, ensuring a supportive and positive learning environment that encouraged participation and growth.

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- Demonstrated leadership skills, effectively collaborating with clients, team members, and other professionals to achieve optimal outcomes.

WORK EXPERIENCE

Goal Keeper

Rotsidis Mammari Football Team 2017-2018

- Showcased exceptional goalkeeping skills and strategic defensive play as the goalkeeper for Rotsidis Mammari Football Team, contributing to the team's robust defense and competitive success.

Personal Trainer

IL SPORTIVO GYM 2014-2015

- Educating gym members on the importance of nutrition and healthy lifestyle choices, aligning dietary habits with individual fitness goals for optimal health outcomes.
- Played a key role in the active promotion of the fitness center’s classes and programs, significantly increasing membership engagement and participation rates.
- Ensured the highest standards of cleanliness and maintenance for all fitness equipment, adhering to rigorous safety and health protocols to provide a safe workout environment.
- Provided expert guidance on correct exercise techniques, emphasizing safety to minimize the risk of injury and enhance the effectiveness of members' workouts.

Goal Keeper

DOXA FC FIRST DIVISION 2012-2016

- Excelled as the goalkeeper for DOXA FC's First Division team, where rigorous training, strategic gameplay, and a deep commitment to team success defined the tenure. Demonstrated exceptional reflexes, decision-making under pressure, and leadership on the field.

Goal Keeper

DOXA FC 2010-2012

- Initiated professional football career as a goalkeeper with DOXA FC, laying the groundwork for advanced skills in goalkeeping, including agility, coordination, and team collaboration, fostering a strong base for future athletic achievements.