

SL

STEPHANIE LESCHECK

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Summary

Driven Nutrition and Dietetics Professional with broad range of experience in program development, health and wellness counseling and patient education. Highly skilled in designing individualized plans to help clients achieve nutrition and weight loss goals, manage chronic diseases and enhance personal wellness.

Education and Training

Montclair State University | Montclair, NJ

Master of Science in Nutrition And Food Science

- 3.7 GPA

Montclair State University | Montclair, NJ

Bachelor of Arts in Psychology

05/2020

- 2019 - Dean's List
- 2020 - Dean's List
- National Society of Leadership and Success Recipient

Experience

Club Pilates Franchise LLC | Wyckoff, NJ

Fitness Instructor

07/2019 - Current

- Greeted and assisted guests entering facility to provide general information and answer questions.
- Monitored fitness floor and observed equipment use to address safety concerns.
- Communicated with patrons in fitness floor area to build positive atmosphere and offer exercise and equipment instructions.
- Attended staff meetings and training sessions to maintain updated knowledge of policies and procedures.
- Responded promptly to incidents and emergency situations.
- Taught various group exercise classes and planned activities to give gym members different fitness options.
- Prepared for classes in advance, selected and queued music beforehand and began and ended classes on time for maximum benefit to attendees.

Retro Fitness Of Edison | Fair Lawn, NJ

Child Day Care Employee

08/2018 - 08/2019

- Maintained safe, healthy and comfortable childcare environment.
- Enforced rules to teach good manners and maintain safe environment.
- Protected children from harm by monitoring environments and eliminating safety hazards.
- Sanitized toys and tables to maintain clean, safe environment.
- Communicated with parents about daily activities and any concerning behaviors.

Club Pilates Franchise LLC | Wyckoff, NJ

Sales Representative

- Placed orders and answered customer questions in-person, through email and over phone to maximize customer service.

05/2016 - 08/2018

- Fostered relationships with customers to expand customer base and retain business.
- Collected payments and provided accurate change.
- Engaged positively with each customer, providing professional and polite support for sales and service needs.
- Answered customer questions, shared product knowledge and researched pricing and availability.
- Educated customers on product features and technical details to highlight benefits.
- Write, completed and filed documentation to finalize sales.
- Answered incoming telephone calls to provide store, products and services information.

Certifications

Certified Club Pilates Instructor, Club Pilates - 2019

- Completed 500-hour intensive certification program. Fully certified in Mat, Reformer, Springboard, Trapeze Table/Cadillac, Chair, Ladder Barrel, Spine Corrector, and Magic Circle

TRX Certification - 2020

- Explaining to clients the anatomy of TRX and benefits of using their own body weight to improve strength, flexibility and posture. Demonstrate different upper, lower and core exercises utilizing TRX in a group/private clientele setting.

CPR and AED Certification

- Certified through the American Safety & Health Institute. CPR and AED certified for adults, children and infants.

Skills

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|----------------------------------|---------------------------------------|
| • Passion for Health and Fitness | • Relationship and Community Building |
| • Dependable and Punctual | • Customer Service |
| • Motivational Leadership | • Flexibility and Adaptability |
| • CPR Certified | • Goal Setting |
| • Anatomy and Physiology | |