

CAROLYN DURRANT

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Professional Summary

Wellness and fitness professional for over 30 years, experienced with diverse clientele and environments. Inspires clients to live a vibrant lifestyle through healthy movement. Adaptable, responsible and knowledgeable manager, personal trainer and instructor able to collaborate with team dynamics to build a supportive community.

- Designs a broad scope of fitness programming
- Seasoned in customer service
- Possesses expertise in personal training
- Highly experienced group exercise instructor
- Specializes in Senior Fitness
- Caring and compassionate
- Skilled in coordination of special events
- Energetic and self-motivated
- Effectively manages staff, budget and facilities
- Organized and detail-oriented

Professional Experience

Personal Trainer and Mentor

New Directions for Young Adults

Deerfield Beach, FL

Exclusive personal trainer for business catering to behaviorally challenged young adults. Provides personal training focusing on creative ways to meet the individualized needs and capabilities of clients. Since 2015.

Fitness Department Manager, Instructor

Fitness Formula Clubs

Chicago, IL

Implemented Fitness Department for club start-up, hired all fitness staff, cultivated menu of fitness services, and administered payroll. Managed Group Exercise Department, instructed group exercise classes such as Senior Fitness classes, Spinning, Strength, Stretch, and conducted personal training sessions. Instructor - 13 years.

Fitness Department Manager

East Bank Club

Chicago, IL

Managed Fitness Department for one of the largest upscale health clubs in the country. Coordinated staff, annual budget, and programming. Assisted in Wellness Center and Group Exercise Department development. Instructed group exercise classes. 4 years.

Assistant Fitness Director

Canyon Ranch Health Resort & Spa

Tucson, AZ

Destination resort caters to affluent clientele offering over 400 group exercise classes per week. Roles included scheduling staff of 65 in these classes, supervision, and overseeing spa facility. Conducted personal training sessions and instructed group exercise classes. 2 years.

Resident Personal Trainer to the Princesses of Saudi Arabia

Royal Family of Saudi Arabia

Riyadh, Saudi Arabia

Coached and inspired multiple clients to lead a healthy lifestyle through individual and group training. 1 year.

Education

Bachelor of Fine Arts: Acting

DePaul University/Goodman School of Drama.

1992

Chicago, IL

Business Courses, 1 year

University of Illinois

1988

Champaign/Urbana, IL

Certifications

- American Council on Exercise (ACE) Certified, Senior Fitness Specialty
- ACE-Certified Personal Trainer, since 2002
- ACE-Certified Group Exercise Instructor, since 1991
- Exercise ETC Certified, Brains and Balance Past 60 Specialty
- American Red Cross CPR and AED Certified
- Fully Insured