

Personal Trainer to the Stars

Fitness Manager

Tom has been working in the health and fitness industry for the past 15 years and has acquired an impressive reputation within the industry. Currently the Fitness Manager at Gold's Gym, Tom had previously been the Fitness Manager at the "Five Star" world renown *Grand Wailea Resort & Spa* on the beautiful island of Maui. In addition, Tom is the sole proprietor of 'Results Unlimited Maui' a supplement retail store.

Tom has accumulated a very "high profile" list of celebrity clients, including John Travolta, Mike Tyson, Magic Johnson's wife, Jason Ellis, Mike Shannon and many more. Tom's areas of expertise and specialization are; strength training and conditioning, lifestyle and weight management, postural fitness, senior health, structural and injury rehabilitation, nutritional counseling and designing proper diet routines. Tom has often appeared as a "Key Note Speaker" at *Life Fest Maui* and many other Fitness Fairs throughout Maui as a Fitness Expert.

PROFESSIONAL EXPERIENCE

March 2004/Present

Area Fitness Manager, Gold's Gym. Responsibilities include training, educating and motivating Personal Trainers (PT's) in all four gyms located on Maui and Hawaii (Kihei, Wailuku, Kaanapali, and Kona). Assisting the PT's to understand the standards and practices Gold's Gym has implemented into their program. To teach the GGU principles, as well as keeping them up to date in the latest in the fitness industry.

As a Manager, Tom focuses on the "prospecting" of new members for the purpose of generating additional revenue for the club(s), as well as increasing member retention. Other duties include ordering nutritional supplements and equipment as needed, while staying within the boundaries of a strict budget.

Other job duties include the maintenance of the club, from repairing and maintaining equipment to ordering parts and materials. Tom helps the Fitness Counselors generate outside revenue for the club (generating leads, as well as appearances at health fairs). In this position, Tom acts as the Senior Team member, which includes conducting and overseeing "staff meetings," assisting the staff and new hires to get a better feel for the club and generate the numbers required for a profitable club. This also includes the training of new GM's and AGM's to the club.

May 2000/Mar 2004

Fitness Manager, Grand Wailea Resort & Spa. Responsibilities included hiring and training of all fitness staff as well as Juice Bar operation. In those responsibilities, was the development of programs to be sold to the clients of the resort such as; Fitness Assessments, Golf training packages, stretching programs, as well as a Personal Training outline. Also included, was the task of teaching staff to be able to communicate to the clients quickly and intelligently to get them interested in paying for the service of Personal Training. Maintenance of the Juice Bar and ordering the products which were involved in its operation was also part of Tom's duties. Tom also had the privilege training some of the very high

profile clients that frequented the resort including: John Travolta, Mike Tyson, Magic Johnson's wife, as well as many others. Tom was also the key person in charge of negotiating for the new equipment with *Hammer Strength*, *Cardio-theater* and with John Thorsell of *Life Fitness* for the Fitness Center. These purchases brought the Fitness Center up to date with the latest in fitness equipment and a "grand" face lift for the center.

With the implementation and development of the Personal Training Program, Juice Bar and updated equipment, Tom has helped the resort to increase and maintain a steady hold on revenue generating areas within the Fitness Center.

August 1998-October 1999

Senior Sales Counselor, 24 Hours Fitness. Responsible for recruiting new members, take prospective members on personal tours of facility and signing up new members. Conduct meetings with local businesses for Corporate Wellness Programs.

1993- July 1998

Fitness Director, Gold's Gym. Tom had Supervisory authority over Fitness Trainers at all three locations on Maui. Responsible for recruiting and training of new staff and making sure they stay within job descriptions set forth by Gold's Gym corporate. Conduct staff meetings, order supplements and gym equipment. Taking prospective members on personal tours of facility and signing up new members. Personal Train members and set workout programs according to their needs and goals.

Summer of 1993

Educational Assistant Teacher, Lokelani Intermediate School. Assisting to special education students at Lokelani Intermediate School. Job includes "one on one" tutoring and keeping students in line. (Worked part time while working for Gold's Gym)

1991-1993

Fitness Trainer, Valley Isle Fitness Center. Responsibilities were to assist members on how to develop workout programs that are injury free, as well as working with and around their needs.

OTHER ACHIEVEMENTS

Founder of 'Smart Fitness' a workout program for the Public Access Channel on Maui, for Fitness Instructors and health conscious people.

Tom is a competitive Bodybuilder, successful Personal Trainer and local businessman.

EDUCATION & CERTIFICATIONS

AFAA Certification Course Training, Health Fitness Consultant

Aerobic Pipeline Association Fitness Strengthening and Conditioning Training

Maui Community College: Exercise Physiology, Kinesiology Course

Mitch Simmons (L.A Trainer) Balanced Approach ACE Fitness Consultant

ACE Certification

Dowling College: SMART Training Certification

NASM Training Certification