

# Sándor Támas Koppányi

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**OBJECTIVE:** Help individuals of various backgrounds reach their fitness goals.

**EDUCATION:** University of Kentucky, Lexington, KY, 40508. Kinesiology B.S., Expected 2016.

**CERTIFICATIONS:** ACE certified personal trainer, Red Cross CPR/AED certified, CSCS certification pending, ACE group fitness certification pending

## WORK EXPERIENCE:

September 2015- Present	<b>Body Structure Medical Fitness Facility</b> , Lexington, KY <i>Personal Trainer</i> Help clients with various contraindications and fitness backgrounds with little to no experience achieve a healthy lifestyle.
April 2015- September 2015	<b>Xtreme Elements</b> , Lexington, KY <i>Personal Trainer</i> Includes diverse equipment replicating <i>American Ninja Warrior</i> , continue to help people reach fitness goals with unique workouts.
November 2014-December 2014	<b>Electronic Restoration Services</b> , Midlothian, VA <i>Field Worker</i> Went to sites to excavate damaged goods, moved large materials, helped restore damaged machinery. (Continue to work there when I go back home.)
May 2014- November 2014	<b>Jamba Juice</b> , Lexington, KY <i>Team Member</i> Made delicious, healthy smoothies for people.
March 2014- August 2014	<b>Fitness 19</b> , Lexington, KY <i>Personal Trainer</i> Assist people of various fitness levels in achieving their weight loss or fitness goals.
May 2013- August 2013	<b>ACAC (Atlantic Coastal Athletic Club)</b> , Midlothian, Virginia <i>Morning Camp/Daycare</i> Set up equipment for camp as well as watch up to 25 kids on my own.

**MEMBERSHIPS:** K-Crew (welcoming new students), University of Kentucky, KY  
Pi Kappa Alpha Fraternity, University of Kentucky, KY  
Everton Soccer Academy, Long Valley, NJ  
Richmond Kickers Academy, Richmond, VA