



John Cianca

FITNESS PROFESSIONAL

CONTACT

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EXPERIENCE

MENTOR

EQUINOX FITNESS | 2014 - PRESENT

NEW YORK, NY

- Instruct classes focusing on athletic conditioning, functional movement, flexibility, and cardiovascular training
- Equip instructors with the knowledge, skills, and dispositions prerequisite to effective teaching and coach them to improve their performance and find success and gratification in their new position

GROUP FITNESS INSTRUCTOR

EQUINOX FITNESS | 2007 - PRESENT

NEW YORK, NY

- Instruct athletic conditioning classes
- Provide hands on guidance on safe and effective exercise techniques to increase efficiency and maximize benefits customized to each member in a group class setting
- Create, develop, and maintain positive member relations

TIER 3 + PERSONAL TRAINER

EQUINOX FITNESS | 2007 - 2014

NEW YORK, NY

- Perform fitness assessments including body fat composition, strength, flexibility, and cardio muscular functions
- Develop exercise programs based on fitness assessment results and the participant's personal goals
- Instruct one-on-one using safe and proper techniques constantly re-evaluating the client's progress and adapting new programs to maintain a high level of interest and maximize benefits
- Client retention is strong as evidenced by X (number) of clients over the past three years who have retained personal training for 24 or more sessions.
- EFTI Master trainer for all ramping trainers

PERSONAL TRAINER/INTERN

BODY BY DODD | 2006 - 2007

CORAL GABLES, FL

- Conducted personal training sessions within the policies and guidelines established by Dodd Training Studio
- Provided in depth information on equipment usage, nutritional advice, and lifestyle management
- Cleaned and maintained equipment

EDUCATION

B.S, MAJOR APPLIED PHYSIOLOGY KINESIOLOGY

UNIVERSITY OF FLORIDA | 2002 - 2006

GAINSVILLE, FL

GRADUATED MAGNA CUM LAUDE

CERTIFICATIONS

- NCSF
- Kettle Bell 1 and 2
- Pre and Post Natal
- TRX
- CPR
- ViPR
- Schwinn Indoor Cycling
- Precision Nutrition
- EFTI
- Yoga 200 HR RYT

AWARDS

EQUINOX FITNESS

GROUP FITNESS INSTRUCTOR OF THE YEAR | 2013