



LUISA PIÑERES SÁNCHEZ

Professional trainer with experience in group and personal training in the fitness area with great interest in my clients health and growth. Great ability to adapt to different environments and give my best.

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WORK HISTORY

- Fitness instructor and grupal class**
FITNESS PARTY, BOGOTÁ 2016-07 - 2018-04
 - Physical trainer in the area of weights and machines
 - Group class teacher: rumba class, functional training class
- Fitness instructor**
IDRD DISTRICT RECREATION AND SPORTS INSTITUTE, BOGOTÁ 2020-03 - 2022-06
 - Plan and lead outdoor functional training sessions.
 - Plan and lead musicalized and non-musical group sessions.
- Personal trainer**
SPINNING CENTER GYM, BOGOTÁ 2023-05 - PRESENT
 - Plan, design and execute personalized training for 15+ gym users corresponding to individual needs.

EDUCATION

- Health Sciences, Professional in Sports Training**
FUNDACIÓN UNIVERSITARIA DEL AREANDINA, BOGOTÁ D.C, COLOMBIA 2016-02 - 2020-05

SKILLS

- Passion for service to others
- Responsible and punctual
- Constant personal and professional growth

LANGUAGES

- Español
- Inglés

HOBBY/INTEREST

- Training
- Reading
- Estoicism

COURSES

- Personalized Training** 2024-01