



NURY ADRIANA TRIVIÑO ROMERO
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Physical Trainer
Dancing Instructor

Professional Profile

Physical Trainer with more than 15 years of experience in planning and executing personalized and group training. High management skills and Customer service with international experience on board cruises. I am a responsible, dynamic, creative person, with initiative and good interpersonal relationships to work as a team. I am willing to learn and develop my skills to provide excellent service. I characterize myself as a hard-working professional person with high potential to develop this position.

Work Experience

Sculptor Gym

Duties:

General Administration
Manage customer check-in.
Explain and direction training routines
data accounting
product inventory control
opening and closing of the system

➤ **Hard Body Gym**

Independent Personal Trainer

January 2019 - January 2022

Duties:

Plan training routines according to each person's goals.

Nutritional diet planning.

Provide support service at reception.

Supervise the operation of the machines.

➤ **Bodyfit Gym**

General Administrator / Physical Trainer and

Dancing Instructor Group Classes

November 2014 - December 2018

Duties:

- Planning and directing training for clients.
 - Personalized training.
 - Administration and user service.
- Daily control of income and expenses
- Group Classes and High Intensity Training
 - Direction in nutritional services
 - Dance class (zumba)

➤ **Royal Caribbean International USA.**

Oct 2012 - August 2013

Charge: CAFFA ATENDANT

Duties:

Set up tables

Taking the guest orders

Serve snacks to customers

Clean the tables and workplace

Enlist the food in the containers

**Video Beam de Colombia
Holiday Inn Express Hotel**

August 2011 – June 2012

Charge: Assistant Bar

Duties:

Friendly greeting to customers offering them bar service

Prepare the liquor bar

Serve shots of different liquors to customers

Clean the glassware and workplace

Applied studies

Basic

Concentration Club Of Commerce

High School

John Robert Gregg

Other studies

Fundamental Methodology and Generalities of Fitness Training
Politecnico Superior de Colombia 2023-2024

English Does work
Sena Sofia Plus 2023- 2024

Training School for Personal Trainer.
Bodybuilding
Nutrition
Workout Suspensión.

Evaluation and Approach Kinesiology of osteosmuscular injuries
FEIICA

Seminar Encounter and training Fitness Training
CCAPF

Seminar Muscle Hypertrophy and Ergogenic helps
UPN

Diploma Nutrition and Sports Diet
NATURISSA IMPORT S.A

Training and Address Group Classes
ZUMBA FITNESS

Intensive English
SEVEN SEAS GROUP

International Certification in rescue and emergency situations
CARIBBEAN Way Miami florida 1050

International Convention and safety and prevention training program CARIBBEAN
Way Miami Florida 1050

Sports training
Unifitness

Administration in networks and Database
Pan-American University Foundation (Virtual Classrooms)

Physical conditioning
TRAINING GYM

PERSONAL REFERENCES

Cristian Andrés Coronel
Lumen
SAN leader
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Luz Mary Páez Romero
Fincomercio
Public Accountant / Analyst II Internal Control.
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FAMILY REFERENCES

Julieth Esthephanny Benites
M&C Helmer Valencia
Financial Engineer
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Jenny Ximena Camelo
Managing Director and Human Talent
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