Harper Te Rangi

Group Fitness Instructor · Studio and Community Classes

group-fitness-instructor@example.test
Wellington, New Zealand

Experience

2022-01 – Present **Group Fitness Instructor**
Karetu Reach Recreation

- Delivered 12 weekly classes across two venues. Prepared sessions by ability level and checked that stations left space for accessible movement.
- Introduced a beginner series with consistent timings. Return attendance within four weeks rose from 44% to 64% in two groups of 50 first-time participants.
- Demonstrated lower-impact options before activity blocks. Referred participants seeking advice about an injury back to their health professional.
- Completed equipment checks and wrote incident reports when required. Held affected equipment for the venue supervisor's review.

2019-04 – 2021-12 **Fitness Studio Assistant**
Waiora Steps Studio

- Prepared studios, recorded attendance and reset stations between classes.
- Supported introductory classes by repeating movement cues and checking participant understanding between demonstrations.

Skills

Group coaching · Session planning · Movement adaptations · Participant induction · Equipment checks

Summary

Leads strength, mobility and beginner fitness classes in studio and community venues. Plans progressions for different experience levels, briefs participants on lower-impact options and records issues needing venue review.

Education

2020 **Diploma in Exercise and Fitness**
Harbour Rise Training Institute

Languages

English · Te Reo Māori