

# Nichole Schultz

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## EDUCATION

Bachelor of Science Degree in Exercise and Sport Science  
Nova Southeastern University | Fort Lauderdale, Florida | May 2014  
Bartending Certificate (In Progress)

## AREAS OF SKILL

- Food Service ▪ Customer Service ▪ Beertending ▪ Retail Sales
- Registered Yoga Teacher ▪ Individual, Small & Large Group Fitness Training ▪
  - Microsoft Office ▪ Data Entry ▪ Organization ▪ Analytical Skills
  - Basic/Intermediate Spanish ▪ Social Media ▪ Database Management ▪

## PROFESSIONAL EXPERIENCE

### **GANDER TAPHOUSE** – Loomis, California

July 2019 – December 2019

#### **BEERTENDER/SERVER**

- Opening and closing the restaurant: bathroom cleaning, floor cleaning, dishwashing etc
- Taking food orders and running the food to tables and the bar top.
- Pouring and serving beer.
- Clearing and busing tables.

### **CALIFORNIA PIZZA KITCHEN** – Roseville, California

November 2018 – July 2019

#### **HOSTESS/FOOD RUNNER/TAKEOUT/DELIVERY**

- Effectively managing seating and waitlist for a busy restaurant.
- Ensure the outgoing food matches the ticket and is delivered to the correct table.
- Management of all takeout orders.

### **FLEET FEET SPORTS** – Roseville, California

January 2018 – Present

#### **OBSTACLE COURSE RACING COACH**

- Programming 8-10 week fitness plans specific to obstacle course racing.
- Executing 8-10 week fitness plans while coaching proper form and instilling confidence in participants.
- Educating on injury preventing recovery techniques such as foam rolling, stretching, and resting.

### **STARFISH SWIM SCHOOL** – Rocklin, California

August 2018 – November 2018

#### **SWIMMING INSTRUCTOR/ADMINISTRATIVE ASSISTANT**

- Teaching safety and swimming skills to all ages.
- Ensuring the pool area is clean and safe at all times.
- Answering phones, checking emails, and managing the schedule.

**FLEET FEET SPORTS – Folsom, California**

August 2017 – August 2018

**FITNESS OUTREACH MANAGER/FIT SPECIALIST**

- Creator of the “Fitness Outreach Manager” position.
- Coordinating events with local gyms and the shoe brand representatives.
- Work with customers to ensure the proper fit of footwear, apparel and accessories by utilizing our fit process; promote in-store events and training programs.
- Build genuine relationships with customers through active listening.
- Determine the customer’s needs and offer suggestions or alternatives.

**24 HOUR FITNESS – Roseville, California**

June 2017 – August 2017

**PERSONAL FITNESS TRAINER**

Private fitness and yoga instruction.

- Fitness plan development with emphasis on weight loss, strength training, and injury prevention.
- Consulting for purchases of wellness programs.
- Sales of personal training and nutritional supplements.
- Nutritional consultations.

**THE ONBOARD SPA BY STEINER**

January 2017 – June 2017

**HEALTH & FITNESS CONSULTANT**

Fitness instruction, wellness consultations and sales of spa products on Disney Cruise Line (Senses Spa & Salon).

- Instruction of group fitness classes: Yoga, Indoor Cycling, Pilates and Boot Camp.
- Budget Counseling for appropriate wellness products for customers.
- Seminar leader for wellness programs, including instruction, scheduling and recruiting.
- Private fitness instruction for adults and children consisting of strength, cardiovascular and Yoga training.
- Wellness consultations for nutrition, fitness and body composition analysis.
- Creation and implementation of a weekly Yoga class for the Cruise Officers and staff.
- Training/mentoring of new onboard ship Fitness Consultants
- Sales of detox programs, Good Feet shoe inserts and other spa services and products.
- Equipment inspection and preventative maintenance as needed.

**SHEPLER & FEAR GENERAL AGENCY – Roseville, California**

Various dates 2011 – December 2016

**ADMINISTRATIVE ASSISTANT**

Assisting the Executive Staff in the day-to-day operations of a wholesale employee benefits insurance agency.

- Administrative support to the President/CEO, Vice-President and Operations Manager.
- Maintenance and upkeep of the electronic file system and customer database.
- Accounting entries of incoming and outgoing commission payments.

**CALIFORNIA FAMILY FITNESS – Citrus Heights, California**

May 2016 – December 2016

### **PERSONAL FITNESS TRAINER & GROUP EXERCISE INSTRUCTOR**

Private and group fitness instruction for children and of adults of all ages.

- Fitness plan development with emphasis on weight loss, rehabilitation, nutrition and overall fitness level.
- Budget planning and counseling for purchases of wellness programs.
- Instruction of Yoga and Body Fit classes.
- Sales of personal training, nutritional supplements and apparel.

### **BRITISH SWIM SCHOOL – Fort Lauderdale, Florida**

March 2015 – July 2015

#### **HEAD SWIM INSTRUCTOR**

Teaching children (as young as 3 months) and of adults of all ages, along with administrative duties.

- Supervision and Training of newly hired instructors.
- Instilling survival skills and confidence in the water for beginning swimmers.
- Instruction included teaching swimming skills to special needs children.
- Stroke development for survival, competition, and exercise.

### **BOMMARITO PERFORMANCE SYSTEMS – Davie, Florida**

January 2015 – March 2015

#### **STRENGTH AND CONDITIONING INTERN**

Coaching Assistant working with collegiate athletes preparing for the NFL combine; off-season maintenance training for professional athletes including, but not limited to NFL and MLB players; and the development of skills for youth athletes.

- Weight/Resistance Training.
- Sport-specific drills and speed workouts; including videotaping for analysis.
- Overall gym upkeep.
- Daily nutritional fuel preparation for the athletes.

### **NOVA SOUTHEASTERN UNIVERSITY – Davie, Florida**

August 2011 – May 2014

#### **GAME OPERATIONS ASSISTANT**

Performing game day operations for Nova Southeastern University Athletics for various athletic teams.

- Customer Service & Retail Sales.
- Management of game-day equipment.

### **THE CHAMBER – Davie, Florida**

September 2013 – December 2013

#### **EXERCISE SCIENCE INTERN**

Coaching Assistant for the development of strength and skills for professional, collegiate and youth athletes.

- Weight/Resistance Training.
- Sport-specific drills and speed workouts.

