

# Jonathan Wertz

4101 Cabrillo Way  
Sacramento CA, 95830

707.290.9229  
jonathantwertz@gmail.com

## EXPERIENCE

### **East Sac Fitness, Sacramento CA — Assistant Manager**

SEPTEMBER 2018 - PRESENT

Oversee and conduct operations of a thriving boutique gym with high service standards and member first attitude.

### **Self, Sacramento Valley, CA - Yoga Teacher**

August 2016-Present

Conducted trauma informed group and private yoga classes. Guided students safely and fulfillingly through classes in studios, homes, Sac County Jail, out-patient behavioral health rehabs.

### **INK Eats & Drinks, Sacramento CA — Server**

AUGUST 2018-DECEMBER 2018

Conducted detailed and high volume orders in a fast-paced popular American Cuisine restaurant.

### **Bouchon Bistro, Yountville CA — Busser**

MARCH 2012 - APRIL 2013

Cultivated poise and attention to detail; maintained Michelin Star level service; navigated high-pressure environment while graciously attending to duties, and requests.

## AVAILABILITY - OPEN

## SKILLS

POS experience including Micros, Square, etc.

Stress management.

Interpersonal skills.

Focused, flexible, able to utilize constructive criticism.

## CERTIFICATIONS/ASSETS

### **30-Day Emergency Substitute Credential**

Basic Life Support CPR/AED

Food Handlers Certificate

Reliable Transportation

Public Speaking Experience

Clear Communicator

## EDUCATION

### **CSU Sacramento, Sacramento — Bachelors of Arts, Psychology**

SEPTEMBER 2013 - DECEMBER 2015

Studied psychological sciences and conducted research on personality and mindfulness.