

# Sarah Leahy

Certified Personal Trainer and Nutrition Coach

## EXPERIENCE

### **Small and Mighty Fitness, Austin —Owner, Trainer**

DECEMBER 2019 - PRESENT

App-based personal training services and nutrition coaching

### **Blackbird Fitness and Nutrition, Austin —Trainer**

JANUARY 2020 - PRESENT

Personal training and nutrition coaching, in-person and online.

### **Fuerte Fitness, Austin —Group Fitness Instructor, Marketing Director**

JANUARY 2020 - NOVEMBER 2021

Group fitness instructor for strength + conditioning, HIIT, TRX, and kettlebells. Social media and community marketing director and event coordinator. Gym design and business consultant.

### **Northeast Fitness, Minneapolis—Owner, Trainer**

OCTOBER 2016 - DECEMBER 2019

Owner and manager of a group fitness studio specializing in judgment-free, challenging workouts including strength training, indoor cycling, yoga, pilates, and open gym.

## ACHIEVEMENTS

- Effectively managing a team of 10 to 14 group fitness instructors
- Instructing 20+ group fitness classes per week in addition to personal training and semi-private weightlifting sessions.
- Solely responsible for social media and email content and marketing, day-to-day accounting, client customer service, and vendor relations.
- Successfully grew the studio's recurring monthly membership by 132% in the first two years of business.

## SKILLS

Gym management.

Fitness instructor management and scheduling.

Personal training, including progressive weight training programs.

Group fitness instruction.

Social media and email marketing, content writing.

Website design and maintenance.

Client + vendor relations and customer service.

Gym design and layout / interior design.

Small business branding.

Community outreach and partnerships, small business networking.

## CERTIFICATIONS

**ACE Certified Personal Trainer**

**CPR / AED / First Aid Certified**

**GGS Pre- & Postnatal Coach**  
2024

**Precision Nutrition Level 1**  
Certified 2022

## **Twist Interior Design, Minneapolis — *Interior Designer***

JUNE 2010 - DECEMBER 2016

High-end residential interior design & decorating at an award-winning studio specializing in large-scale new construction and remodel work.

### **ACHIEVEMENTS**

- **ASID MN Awards 2015:** First Place: Bathroom Under 150 sq ft; Second Place: Bedroom Suite; Judge's Merit: Historic Preservation / Restoration.
- **ASID MN Awards 2012:** First Place: Multiple Rooms (Residence Under 800 sq ft); First Place: Special Function Room or Building Over 300 sq ft.

### **EDUCATION University of Minnesota, Twin Cities — *B.S. Interior Design***

SEPTEMBER 2003 - MAY 2007

### **WHAT CLIENTS ARE SAYING**

"Sarah is hands down the best trainer I've ever worked with. From the start, she just got me - my goals, what my body needed most, and when to push me harder. Working with her has kept me motivated, both because of the results I've seen and because her enthusiasm for lifting heavy things is just contagious. I've also appreciated her ability to adapt with me as my training needs went from building strength to maintaining it while marathon training."

"Training with Sarah is an incredible experience. Her session plans and coaching style push me every time we meet, and I can tell my workouts were created to fit my needs. You can tell she's knowledgeable of the work she does, and cares for all her clients. Sarah does a great job of showing me proper technique, and watches to make sure I'm performing each movement correctly. Her kind nature and cool attitude somehow still manage to leave me dripping with sweat and exhausted through each workout. 10/10 experience with her; highly recommend her for a variety of training types (muscle building / weight loss / getting active again)."

"I have been working out with Sarah for over a year now, and not only am I the strongest I have ever been in my life, I am also experiencing less pain than I have ever felt. Sarah is very fun, always changing the challenges and providing variety to my workouts. She is also very responsive and able to adapt when I am not having good days or struggling. She has a positive attitude, which inspires me to keep pushing. Thank you, Sarah!!"

"Sarah is such a professional and is so knowledgeable when it comes to fitness."

**ACE Senior Fitness Specialist**  
2020

**Halo Level 2 Qualified Trainer**  
2018

**Total Barre Level 1 Qualified**  
**Trainer 2017**

**TRX Qualified Trainer 2016**

**REFERENCES AVAILABLE UPON REQUEST**