

**Rachel Seay**  
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***As a skilled fitness professional, I am dedicated to helping people who are new or returning to exercise discover a surprising love for fitness.***

**QUALIFICATIONS:**

- Ability to build relationship and connect with clients
- Skilled at creating successful fitness programs that generate high profits
- Excellent with customer services
- Skilled with working with new exercise participants
- Articles have been published in several publications for fitness

**EXPERIENCE:**

2007-Current **Owner of Inner Fit Studios**

**Richmond, BC**

- Provide Courses/Workshop for Fitness Professionals with BCRPA & Can Fit Pro
- Group Fitness Leader for Weight Release Boot Camp Programs™
- Operate Inner Fit Studios as the Business Owner
- Hosted numerous large and small scale BCRPA approved workshops
- Educated over 500 fitness professionals in Indoor Cycling

**Programming:** In 2008, I created the Weight Loss Boot Camp Program at my facility, Inner Fit Studios. In that time the program has generated over \$1 Million in sales, with over 2000 participants changing their lives and becoming healthier. This program creates confidence in men and women and teaches them that fitness is fun and can be part of their daily lives.

**Fitness Presenter:** I have worked with over 1000 BCRPA Members, teaching them how to lead a safe, fun and effective indoor cycling class. I also spend my time writing a resource page for Indoor Cycling Instructors that has over 8,000 members world wide

**Relevant Qualifications:**

BCRPA Certified Fitness Professional (2000 to Current)  
Keiser Certified Spinning Instructor 2001  
Reebok Certified Spinning Instructor 2000  
The Fitness Group Indoor Cycling Certification 2001  
Building Stronger Foundation Course November 2010  
Diploma in Exercise Science from Langara College 2004  
4<sup>th</sup> Year Student at UBC in Human Kinetics  
NSCA Associate Member  
K-Taping Pro Therapist Certified in 2013

**Commitment to Continued Learning:** In my spare time, I travel to keep my education current, subscribe to journals, and recently attended a 5 day business course in New York to help me be a better entrepreneur. I am committed to educating myself as a fitness professional and entrepreneur

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**Giving Back to the Community in BC:** Each year I dedicate hundreds of hours raising money for the Easter Seals Kids. I have been actively involved with their organization and have raised over \$85,000, which means sending 14 kids to camp with disabilities. Contact: Christine Robb with the Lions Society. [crobb@lions.ca](mailto:crobb@lions.ca). We have also donated over \$2000 to the JDRF foundation in support of Kids with Diabetes.

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### **Leadership within the Fitness Community:**

For the past 11 years I have been hosting BCRPA approved conferences with a variety of presenters that include Chad Benson, Carmen Bott, Krista Popowych and Sharon Mann. Last year, I hosted a large scale event at the Vancouver Convention center that had over 90 participants.

### **Owner of Inner Fit Studios**

My passion led me to opening my own fitness facility located in Richmond, BC called Inner Fit Studios. My vision was to create a place where people feel welcome, supported, and at home. I recognized a need in the industry for beginner friendly programs for men and women who struggle with weight issues between the ages of 30-65. We have a high success rate of transformations in not only their physical appearance but their attitude towards fitness and their overall health and well being.

### **Past Employment in Fitness Industry Prior**

Fitness Unlimited, Richmond BC from 2002-2007: Group Fitness Supervisor  
South Arm Community Center, Richmond BC from 2002-2007: Group Fitness Instructor  
West Richmond Community Center, Richmond, BC from 2002-2008: Group Fitness Instructor  
Steveston Community Center, Richmond, BC from 2001-2006: Group Fitness Instructor

**Reference Letter: Deborah Ramsay, BCRPA Certified**

"As a fitness professional, I am always upgrading my skills and knowledge with numerous courses. By far, Rachel's spin instructor course was one of the best courses I've ever taken because she makes so much valuable information and support available to her participants. Her knowledge and experience in spin instruction is vast and she shares it in a relaxed, fun, and professional manner. Rachel's course resources are extensive and really help anyone interested in teaching fabulous spin classes. "Deborah Ramsay, BCRPA certified Personal Trainer, 3rd Age, Yoga fitness Instructor