

Quentin Gonzalez

Personal Trainer

Coach Q

Brooklyn, NY 11209

929.533.6034

warheartcpt09@gmail.com

Skills

Extensive experience in coaching and training individuals in boxing, high intensity interval training, strength and power training. Proficient in structuring progressive training plans to ensure ongoing improvement, prevent plateaus, and promote long-term results.

Experience

Equinox Inc / Personal Trainer

May 2022 - October 2023, Hudson Yards

- Led group fitness classes and provided 1-on-1 coaching
- Modified exercise programs to better fit the client's fitness level to ensure safety and optimal progress
- Effectively communicated with client's to listen to their goals and concerns along their journey while providing constructive feedback
- Provided simple and clear instructions for complex movements
- Empathized and Motivated client's to continue their fitness journey
- Managed a full-time trainer schedule while continuing my amateur boxing career

Blink Fitness / Personal Trainer

September 2019 - April 2022, Ozone Park

- Learned how to write exercise programs to gain strength and muscle
- Communicated with client's to set achievable short term goals
- Provided simple and clear instructions for complex movements
- Empathized and Motivated client's to continue their fitness journey
- Learned to manage time and sale training programs

Blink Fitness / Front Desk Associate

March 2019 - September 2019, Ozone Park

- Worked effectively with colleagues and management to ensure a smooth operation of the facility
- Proper time management in order to juggle multiple tasks and responsibilities
- Able to adapt to new processes and procedures quickly