

STEPHENIE HALL

Fitness Instructor • Membership Experience Specialist • Team Leader

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PROFESSIONAL SUMMARY

Enthusiastic, high-energy fitness instructor and membership specialist with 16 years of creating welcoming, motivating member experiences. Led and supported a team of 30+, covered studio operations (payroll, scheduling, inventory, and manager-on-duty), and worked the membership floor from 4 a.m. opens through Saturday close. Known for connecting with people, teaching safe form, and helping others feel successful.

CORE STRENGTHS

Group fitness: Class design and choreography; cueing and form correction; multi-level modifications; high-energy group formats

Membership & hospitality: Tours, new-account setup, check-in, account service, and member follow-up

Leadership & operations: Team of 30+; talent scouting and auditions; payroll and scheduling; inventory; weekly and quarterly reporting; manager-on-duty

Communication: New-member welcome calls, team updates by text/email/social, and daily business reports to regional and corporate

PROFESSIONAL EXPERIENCE

Nursery Worker — First Grapevine Methodist Church

June 2026 – Present | Grapevine, TX

- Care for children during services; welcome families and follow church safety procedures.

Fitness Instructor — Life Time Athletic

August 2015 – May 2026 | Flower Mound, TX

- Taught multiple group-fitness formats with high energy, clear cueing, and a consistently positive attitude.
- Connected with members, learned their needs, and adjusted coaching so every class felt personal and successful.
- Demonstrated proper form, offered corrections and modifications, and kept classes safe and fun.
- Created class content and choreography; prepared the room before class and reset it afterward.

Membership Concierge — Life Time Athletic

February 2023 – May 2026 | Colleyville, TX

- Opened the club Monday and Friday at 4 a.m.; closed Saturday; filled shifts as needed across the week.
- Welcomed and checked in members and guests; toured prospects and opened new accounts.
- Serviced existing accounts, including payments and account changes.
- Sent morning and end-of-day reports to regional and corporate against daily and monthly goals.

Assistant Fitness Manager — Life Time Athletic

February 2018 – September 2020 | Flower Mound, TX

- Acted as Studio Manager when the studio manager was away; served as Manager on Duty when assigned.
- Supported payroll, scheduling, inventory, and quarterly reporting; scouted and auditioned group-fitness talent.
- Kept the team current through text, email, and social; attended weekly corporate and in-club meetings.
- Made weekly welcome calls to new members who expressed interest in group fitness.

Earlier Group Fitness Roles

2011 – 2017 | Texas and Colorado

Group Fitness Instructor, 24 Hour Fitness (North Richland Hills, TX, 2015–2017) • Fitness Instructor, MBFS Corporate Fitness Center (Fort Worth, TX, 2016–2017) • Fitness Instructor, Progressive Corporate Fitness Center (Colorado Springs, CO, 2013–2015) • Fitness Instructor, Life Time Fitness (Colorado Springs, CO, 2012–2015) • Group Fitness Instructor, Tri-Lakes YMCA (Monument, CO, 2011–2015). Taught multi-level classes, prepared routines and music, welcomed new participants, and left studios ready for the next instructor.

CERTIFICATIONS & EDUCATION

Leadership / safety: Life Time Studio Manager • Life Time Manager on Duty (MOD) • American Heart Association First Responder

Formats: Les Mills BODYCOMBAT • Les Mills BODYPUMP • Insanity • Turbo Kick • Zumba • Zumba Toning • Life Time Barbell Strength, Upper Body RX, Ringside, Xtreme, LifeBarre, Shred, X Effect, CORE, STRIKE! Kickboxing

Education: Valencia Community College — Orlando, FL (2000) • University of Maryland — College Park, MD (1995)