



**Nancy Farzan
Resume**

Nancy Farzan

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PROFILE

Since 1989, I have worked full-time in the fitness industry as a coach, personal trainer, program manager, group exercise instructor, continuing education provider as well as lecturer and consultant for public and private organizations. Through finding my inner athlete in my mid-twenties, I was able to make a physical, mental and spiritual metamorphosis from overweight, non athletic, sensitive child to a strong athlete! I am fortunate that I have passion for my work and am able to share my knowledge and energy to inspire others to be their best!

PERSONAL TRAINER/FITNESS CONSULTANT, FITNESS BY FARZAN - 2005-PRESENT

Teach, train, and motivate individuals and small groups with fitness programs geared for success. Core stability, weight loss, strength, and endurance are all addressed. Versatile experience from new exercisers to pro athletes. Specializing in strength training for women. My motto is "Turning Ordinary into Extraordinary".

PERSONAL TRAINER/GROUP EXERCISE LEADER BAY CLUB FINANCIAL AT BANK OF AMERICA SAN FRANCISCO, CALIFORNIA - 2007-2010

Maintained a successful client base as well as taught group exercise classes including core stability, spinning and Total Athletic conditioning.

SENIOR EXERCISE SPECIALIST OLYMPIC CLUB S.F. CA - 2006-2010

Taught a successful group exercise class for seniors ranging from 60 to 87 years of age. All participants increased their fitness levels while their overall sense of well being was elevated. Created a team atmosphere that extended beyond the classroom. From one of these students – an 85 year-old man in fact, I received my fondest reward to date when he exclaimed, "I no longer have to sit to put my jeans on! I can do it standing again!"

CLUB ONE, S.F. CA - 1994-2007

Managed fitness department in both commercial and corporate on-site facilities. (GAP INC) Managed and trained staff as well as maintained a personal training base, taught group exercise classes and gave continuing education lectures and workshops.

MAINLY WOMEN, AUCKLAND, NEW ZEALAND - 1992-1994

Co-directed women's fitness facility and group exercise program. Contributed to newsletter, CEC workshops and taught a variety of classes. Helped to introduce strength training and personal training in their curriculum.

CAPTIOL COURTS CARSON CITY NEVEDA - 1989-1992

Began as a group exercise instructor and gradually moved my way up to director of both group exercise and fitness programs. Introduced new ideas as well as supervised programs and instructors. Worked in conjunction with resident physical therapist to help patients rehabilitate.

EDUCATION

American College of Sports Medicine - Health/fitness Instructor, National Strength and Conditioning Assoc.- Personal Trainer, Cal St. Hayward,- Strength training and Personal Trainer, American Council On Exercise - Personal Trainer, Training for Warriors - Level 1 Certified Coach, Additional specialty certifications include: Wellness Coaching certification, Exercise and menopause specialist, Active Isolated Stretch technician, USA cycling coach level 2. Viplr training certificate. Attend continuing education seminars 1-2 x per year including multi day workshops with notable coaches such as Gary Gray, Juan Carlos Santana, Charlie Francis, and Donald Chu.

ATHLETIC ACHIEVEMENTS

Former competitive amateur bodybuilder: 1993 Miss New Zealand / 1995 Miss San Francisco in weight classes. Amateur competitive bike racer, rock climber, mountaineer and runner. Endurance event specialist. Have placed in age group top 3 in Marmotte Granfondo, Les Deux Alpes Grandfondos.

Currently enjoys cycling, weight training, group exercise, hiking and writing. Working on a series of shot stories.

REFERENCES

Bill Schaff - Founder and CEO Phocas Financial Corp. - Alameda CA 510 523-5800

John Kinney - Founder Club One/ CEO Greenline Industries 415 526-7620

Robin Klaus - Chairman and CEO Club One and formally CEO Startrac 415 876-0309

Myra Rothfeld - Chief Marketing Manager Assetmark 415 677 2938l

In 2010, I left my career and life in USA and relocated to Belgium to marry and be a stepmother to 3 young children. I embraced this challenge to begin a new phase of life. My intention was to keep teaching a few group classes to keep my "fingers on the pulse". Unfortunately, a little over a year after my arrival, my newlywed husband was killed while out training on his bicycle. Dealing with foreign bureaucracy, different customs, new language as well as the grief didn't allow for me to put my heart and soul back in the fitness industry. Now, three years later, I am ready and 110% motivated to get back to my passion of working in the fitness industry. Through this experience, I have re-emerged a more solid person as this challenge proved to be far greater than any race, contest, training I've ever done.