

QUALIFICATIONS

- Level 2 CIMSPA endorsed Fitness Instructor
- Level 3 CIMSPA endorsed Personal Trainer
- NPLQ qualified from 2024

EDUCATION

Sports Development and Coaching Sciences | BSc

Bournemouth University
2017-2021

Sports and Exercise Science | Level 3

Banbury and Bicester College
2017

Sports and Exercise Science | Level 2

Banbury and Bicester College
2015

GCSE

The Warriner School
2014

INTERESTS

- Gym & Fitness: Dedicated to personal health and fitness, regularly engaging in strength training and conditioning.
- Football: A passionate football enthusiast, both playing and following the sport.
- Golf: Enjoy playing golf as a way to unwind and challenge my skills.
- Reading: Recently developed an interest in reading, focusing on personal development, sports psychology, and fiction.

CONTACT ME

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Moreton in Marsh, GL56
0BZ

Ethan Bridge

Receptionist



PROFILE

Dedicated and results-driven Personal Trainer with a strong foundation in time management, client coordination, and tailored fitness programming. Known for delivering high-quality sessions that balance physical results with exceptional service standards. Backed by 3 years of luxury hospitality experience, bringing a refined understanding of professionalism and top-tier client care. Proven ability to manage multiple client demands efficiently while maintaining a supportive and motivational training environment.

WORK EXPERIENCE

Receptionist

Ettington Park Hotel | Stratford-Upon-Avon

2025 - Present

As a receptionist in a luxury hotel, being the first point of contact for guests ensured that the front of house was looking presentable, keeping me alert and focussed on providing a 5-star service.

- Handled payments, invoicing, and reconciliations with accuracy
- Coordinated bookings for hotel rooms, spa treatments, and restaurant reservations
- Managed room allocations based on guest preferences and availability
- Delivered high-quality customer service, addressing guest queries and resolving issues promptly to ensure a positive stay experience

Fitness Coach

FitLife Summertown | Oxfordshire

2025 - Present

As a fitness coach in a boutique gym, maintaining a pristine tidy gym and providing quality services to clients and members ensured I stayed focused and organised throughout the day.

- Designed and implemented personalized and group training session plans tailored to client goals, fitness levels, and progression needs.
- Scheduled and managed client bookings for one-on-one and group classes, ensuring efficient use of time and facility resources.
- Delivered high-quality coaching sessions with a focus on technique, motivation, and safety, helping clients achieve sustainable results.
- Built strong client relationships through consistent communication, progress tracking, and a supportive coaching style, contributing to high client retention and satisfaction.

Front of House

Soho Farmhouse | Oxfordshire

2021 - 2025

As a highly organized and customer-focused receptionist in a fast-paced environment, I played a key role in managing daily operations while delivering exceptional service to members and visitors. My responsibilities included:

- Front Desk Operations: Warmly greeting visitors, answering calls, and directing inquiries efficiently to the appropriate departments.
- System Management: Utilized Opera property management software to manage guest check-ins/outs, handle reservations, and update guest profiles, ensuring smooth hotel operations.
- Administrative Support: Maintained scheduling and appointment calendars using Excel, managing spreadsheets for bookings, inventory tracking, and financial reconciliation.
- Transport Coordination: Booked and confirmed travel arrangements for guests, including taxis, shuttles, and private transfers, using transport booking services to ensure timely and reliable service.
- Customer Service: Addressed guest requests, resolved complaints, and ensured a positive experience by anticipating and exceeding expectations.

REFERENCES UPON REQUEST