

BRIAN DANLEY, CFT

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Career Summary: Instruct group fitness classes and provide personal training services for corporate employees at various companies throughout the South Bay Area. Specialties include weight/fat loss, bodybuilding and strength training. Awarded numerous certifications from ISSA including Elite Trainer.

EXPERIENCE

FITHAUS—Long Lake, MN Dec 18-Present
Certified Fitness Trainer

- Provide fitness assessments and personal training services for clients at home

EXOS—Santa Clara and San Jose, CA Mar 18-Present
Certified Fitness Trainer

- Provide fitness assessments and personal training services for employees at Intel

Plus One—Menlo Park, Sunnyvale and Santa Clara, CA Mar 18-Present
Group Fitness Instructor

- Instruct weekly total body fitness, high-intensity interval training (HIIT), boot camp, Tabata, circuit training, metabolic and core conditioning classes for employees at Facebook, LinkedIn and Kinetic East

Workout Temps—Sunnyvale, CA Feb 18-Present
Group Fitness Instructor/Certified Fitness Trainer

- Instruct biweekly total body fitness, HIIT, boot camp, Tabata, circuit training, metabolic and core conditioning classes for employees at Walmart eCommerce
- Provide fitness assessments and personal training services for employees at Walmart eCommerce

Back in Form—San Jose, CA May 16-Present
Certified Fitness Trainer

- Provide personal training services and bimonthly gym orientations for residents at the Villages Golf and Country Club

Reach Fitness—San Jose and Palo Alto, CA Mar 16-Present
Group Fitness Instructor

- Instruct weekly total body fitness, HIIT, bootcamp, Tabata, metabolic and core conditioning classes for employees of Valley Health Medical Center and Tibco

Stanford University—Palo Alto, CA
Certified Fitness Trainer

Oct 06-Oct 15

- Provided fitness assessments, one-on-one, and buddy personal training services to faculty, staff and hundreds of undergraduate and graduate students

Camp Parks—Dublin, CA
Senior Observer-Controller Trainer (Active Army Reserve)

July 08-Present

- Appointed as the unit fitness trainer responsible for designing and instructing physical training workouts
- Assist in the planning, coordination and supervision of activities in support of units scheduled to deploy overseas
- Current rank is Master Sergeant

EDUCATION

B.S. Kinesiology, San Jose State University, San Jose, CA
Graduated Cum Laude, GPA 3.5

May 2010

B.S. Mechanical Engineering, San Jose State University

May 2000

CURRENT ISSA CERTIFICATIONS

- Elite Trainer
- Master Trainer
- Certified Fitness Trainer
- Specialist in Sports Nutrition
- Specialist in Exercise Therapy
- Specialist in Strength and Conditioning
- Specialist in Fitness Nutrition
- Specialist in Senior Fitness
- Corrective Exercise Specialist

CURRENT CPR/AED CERTIFICATION

- American Health Association

TESTIMONIAL

"A dedicated and highly knowledgeable professional, Brian knows how to work with his clients to identify their goals and objectives and then to formulate a strategy that will get them there. Brian is someone who wants you to work out better, not harder, and will constantly adjust and adapt the workout to keep it effective. Highly recommended."

---Raymond

ACTIVITIES AND INTERESTS

Bodybuilding, cycling, hiking, yoga, and swimming