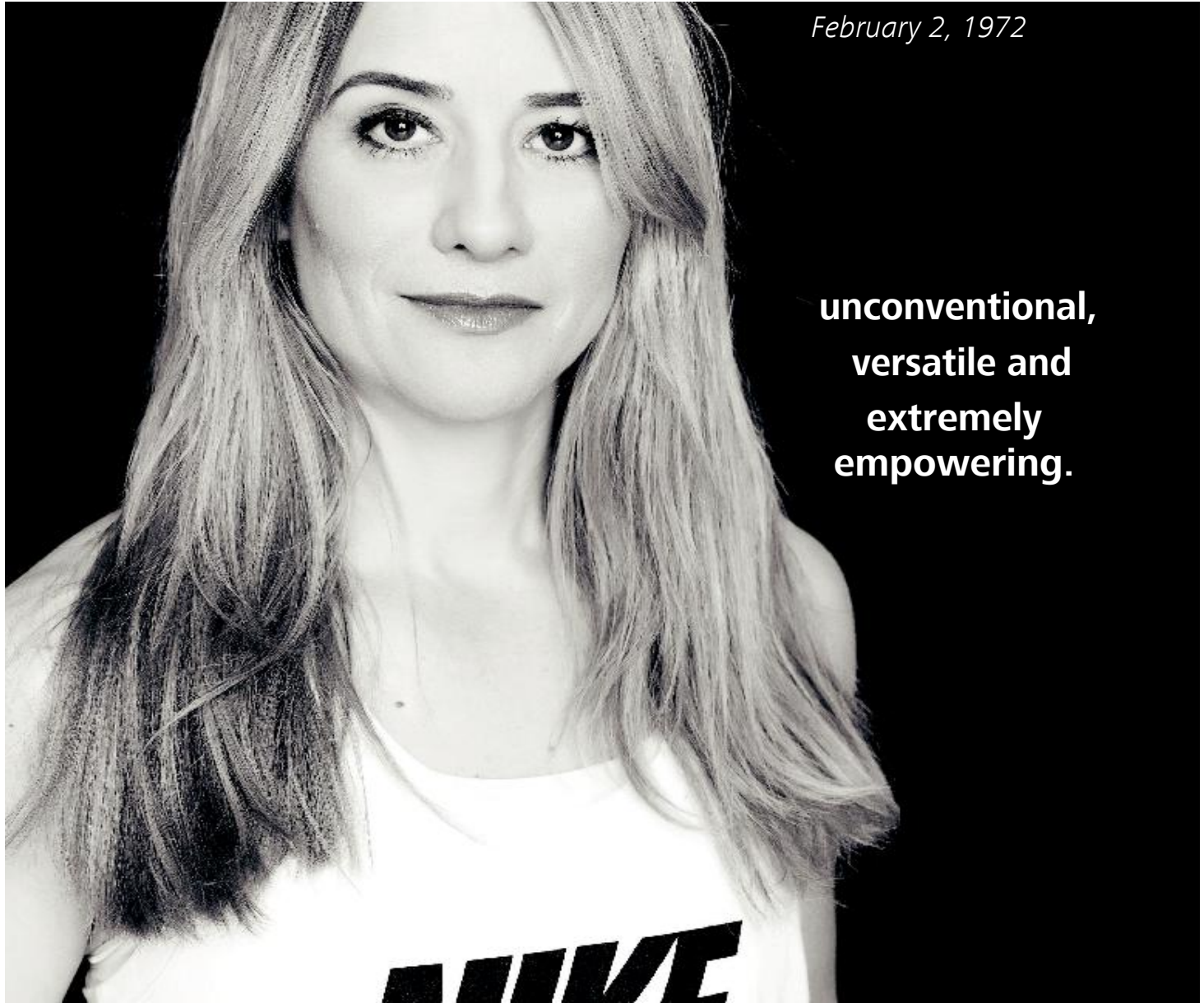


Sandra Hager

February 2, 1972

**unconventional,
versatile and
extremely
empowering.**



A smart and motivating personal trainer with a proven ability to help people achieve their fitness goals. After many years of ballet & jazz dancing as a child, Sandy developed a great passion & interest in various styles of aerobic training focusing on strength and endurance. With an additional academic background in psychology she has a special sense of evaluating a client's physical fitness, creating a suitable workout routine for them to reach their targets.

Sandy is ready for her next challenge that not only satisfies her on the athletic but also on the interpersonal level.

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Work Experience.

Personal Trainer – 2010-today

- Training clients from 19 to 90 years in an unconventional manner, either at the client's home or outside covering a wide range of needs, such as athletic or strength workouts, recovery from injuries or surgeries, weight loss, muscle build-up, rebuilding after pregnancy and more.

Fitness Coach – 1993-today

- Leading 4 different workouts at Balboa since 2015, showing versatility at the highest level: "Mum Fit", "Interval Training", "Own the City Bootcamp" & "Girls Only".
- Worked as a fitness coach for the past over 10 years at weight rooms of various gyms such as TCW, Kieser Training, Aktiv Fitness, Migros Fitnesspark and many more.

Aerobics Coach – 1989-today

- Started off at a gym in Winterthur, later taught aerobics at countless well-known gyms in Zurich until today (Arena 225, David Gym, Aktiv Fitness, Hotel Marriott, Hotel Nova Park, Migros Fitnesspark Puls 5 & Münstergasse).
- Trained & managed future aerobic coaches at TC Winterthur & Maximum Winterthur.

Managing Director – 1995-1996

- Established and lead the startup of the Maximum Winterthur gym that grew to a well-known fitness centre with 20 employees whom were all coached by Sandy.

Conditioning Coach – 1991-1996

- Gave aerobic & conditioning classes at ASVZ Zurich coaching up to 80 university students at once.

Personal Milestones.

- 2010 – First Bootcamp Coach in Zurich
- 2008 – Invention of Sandy's Mum Fit (registered brand)
- 1994-1996 – Bodybuilding including preparation for Swiss Championships (no participation due to an injury)
- 2013 – Founder of the "Mountain Fitness Weekends" in Sarn and Klosters, Switzerland, coaching up to 20 attendees and managing 8 coaches

Fitness Diplomas.

- Aero Sling/TRX Instructor (Aerobics Limited)
- Functional training Instructor (Sportlerei Akademie)
- DeepWork Instructor (IFHIAS)
- Aerobic Instructor (AFA und AFAA)
- Fitness and strength Instructor (SAFS)
- Various aerobic diplomas like Step Aerobic, Box Aerobic, Toning, Pump, Spinning, Walking, Gymstick, M.A.X. (Muscle Activity Excellence)
- K.O.R.E Therapy Basic Course (IFAA), Performance Taping Level 1

Academic Qualifications & Non-Sportive Work Experience.

- 1997-2008 – Completed various roles as Production Assistant, Producer, Editor and Web Lead for different major Swiss TV shows such as konsumTV (Ringier), JobNews (TeleZüri and Tele24), Fohrlar Live (Xproductions/TV3), Swissdate (Tele24) and for movie agencies like G.L.A.S.S., Triluna and Eye to Eye
- 2002-2003 – PR Specialist at the Swiss PR Institute in Zurich (SPRI)
- 1991-1996 – Studies of Economics and Psychology at the University of Zurich