

MANDAVNI CHEEMA

Certified Personal Trainer | Certified Mat Pilates Instructor

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Professional Summary

Certified Personal Trainer and Mat Pilates Instructor with over 7 years of experience across premium fitness brands in the UAE including Fitness First, Orangetheory Fitness, Enhance Fitness, Grand Mercure (Accor), and Athleaders. Experienced in weight loss, strength & conditioning, functional training, posture correction, mobility, and personalized Pilates programming. Recognized for excellent client retention, sales performance, and creating safe, motivating coaching experiences.

Core Competencies

- Personal Training (1:1 & Small Groups)
- Mat Pilates & Ball Pilates
- Strength & Conditioning
- Weight Loss & Body Recomposition
- Functional Training
- Mobility & Flexibility
- Core Stability & Posture Correction
- Injury Prevention & Exercise Modification
- Women's Fitness
- Client Retention & Lifestyle Coaching

Professional Experience

Athleaders, Dubai

Personal Trainer & Pilates Instructor | Mar 2025–Present

Deliver one-to-one Personal Training and Mat Pilates sessions.

Design customized programmes for fat loss, strength, posture and mobility.

Modify exercises for clients with injuries and movement limitations.

Build long-term client relationships through goal-based coaching.

Orangetheory Fitness, Dubai

Coach | Mar 2024–Mar 2025

Led high-energy group classes using heart-rate based training.

Delivered safe coaching and exercise technique correction.

Enhance Fitness / GymNation, Dubai

Personal Trainer | May 2022–Feb 2024

Generated AED 750,000 in PT sales.

Contributed to AED 1 million monthly branch sales.

Maintained 10–12 long-term clients monthly.

Grand Mercure (Accor), Abu Dhabi

Gym Instructor | Oct 2020–Feb 2022

Led Core, Circuit and TRX classes.

Increased gym membership sales by 10% year-on-year.

Fitness First, Abu Dhabi

Personal Trainer | Jun 2018–Oct 2020

Generated AED 550,000 in PT sales.

Delivered 70–75 monthly client consultations.

Certifications

- Diploma in Pilates (Mat & Ball Teacher) – Gayo Fitness Sports Academy, UAE
- Personal Fitness Trainer Course – Gayo Fitness Academy & BPCA's College of Physical Education, University of Mumbai (2016)
- Level 3 Personal Trainer – Inspire Fitness Academy (2021)
- Level 2 Fitness Instructor – Inspire Fitness Academy (2019)
- CPR & First Aid (2023)

Awards

- Top Trainer – Enhance Fitness (2022 & 2023)
- Top Trainer – Fitness First (2019)
- 2nd Place – Muscle Mania Bikini Athlete (2014)

Education

International Sports Diploma – Sports & Exercise Science
Bachelor of Commerce