



**C.V**

## **C. Nariman Mostafa Helmy**

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**Address: Al Hadba Al Wasta, Al Mokattam, Cairo, Egypt.**

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**Target Position:** ( Instructor )

**Type of Classes :**

- Step Class
- Tapata Class
- Fitness Dance.
- High Intensity& Core Class
- Fit Training Total Body Class

**Education:**

- Bachelor of Physical Education, Zgazig University, Egypt. [May 2007].

**Certificates:**

- CFT Certified Fitness Trainer from Gold's Gym & ISSA.
- Group Fitness from Gold's Gym Academy.
- CPR from Gold's Gym Academy.
- Specific Nutrition from ISSA.
- Functional Training Workshop from TFC Academy.
- Swimming Trainer from Egyptian Diving and Life Saving Federation.
- Lifeguard from Egyptian Diving and Life Saving Federation.

**Experience:**

- Instructor High Intensity& Core Class at **H2O Gym.**{ 11 \ 2021 Till Now }
- Instructor High Intensity& Core Class at **LARODY Gym.**{ 10 \ 2021 Till Now }
- Instructor High Intensity& Core Class at **BACKYARD Gym.**{ 10 \ 2021 Till Now }
- Instructor High Intensity& Core Class at **RAW Gym.**{ 8 \ 2021 Till Now }
- Instructor High Intensity& Core Class at **ICE Gym.**{ 4 \ 2021 Till Now }
- Instructor Step, Tapata & High Intensity Class at **CLUE Gym.**{ 1\2021 Till 6/2021 }

- Fitness Director of Basketball at Al Tagmoa Heights Club.{1\2021 Till 8/2021 }
- (Fitness Manger) at H2O Gym “Maadi Branch” {2017 Till 2020 }
- Fitness Trainer at Optimum Gym.{2016 Till 2017 }
- Fitness Trainer at Fit Zone Gym { 2016 Till 2017 }
- Swimming Coach at Dolphin Academy { 2012 Till 2015 }
- Swimming Coach at Wadi Degla Club { 2009 Till 2010 }
- Swimming Coach at El Alyaa School { 2008 Till 2009 }
- Swimming Coach at El Rwad Club { 2005 Till 2008 }
- Teacher (PE) at Al Waha International school { 2011 Till Now }
- Teacher (PE) at Manart El Maadi International School { 2009 Till 2011 }

**Personal Informatio:**

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| ▪ Date of Birth: Sep 20 <sup>th</sup> , 1986. | ▪ Passport: Valid        |
| ▪ Religion: Muslim.                           | ▪ Nationality: Egyptian. |

**Interests & Hobbies:**

- Reading, Learning, Swimming, Traveling, Events and Trips Organization.

*All references are furnished upon request*