

Adam Lamarche

Program Manager Fitness & Wellness Expert

EXPERIENCE

Program Manager

Gilead Sciences - Bay Sport Oct 2021 - Present

- Oversee the day-to-day operations of 31,000 sq ft. state of the art fitness center
- Develop and implement annual budget for assigned programs and manage agreed upon budget within operating guidelines
- Work with various departments and outside vendors to develop and implement special events
- Monitor and evaluate all aspects of the program to ensure program success
- Hire, manage, and mentor an effective team of full time on-site staff, group exercise instructors, and personal trainers

Program Manager

Hewlett Packard Enterprise - Bay Sport Jan 2019 - Oct 2021

- Responsible for development and implementation of key health and wellness programs
- Manage relationships with key stake holders (such as senior business and HR management) as subject matter expert
- Manage day-to-day operations of fitness center s at both HPE and Aruba Networks serving ~2,000 employees and delivering over 200 personal training sessions per month
- Migrated annual wellness program calendar to a virtual platform including incentive programs, personal training, group exercise classes, and incorporated mindfulness and stress reduction programs

Independent Personal Trainer

Performance Gaines May 2018 - Present

- Develop customized in person and virtual training programs for a diverse clientele of private personal training clients
- Monitor and track clients progress and adjust programming based on performance and ability to ensure constant improvement while working to move toward each clients individual goals
- All programs are based on scientific principles of progressive overload and focus on mobility, movement prep, and quality of movement to ensure clients safely progress during the course of their training program

General Manager

Vivre Studios Aug 2016 - Apr 2018

- Primarily responsible for the efficient, cost effective operation of a high-end, private fitness club
- Hire, manage and develop a team of 35 full-time and part-time employees including personal trainers, group fitness team, front desk staff and multiple vendors
- Established partnerships with Nobu Hotel, Cardinal Hotel, and The Clement Hotel generating \$6-8K / month in revenue

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Redwood City, CA

SKILLS

Program Management
Customer Service
Fitness & Wellness
Recruiting
Hiring
Team Building

EDUCATION

Bachelor of Science

California State University Long Beach

Dec 2009

B.S. in Kinesiology with and emphasis in Exercise Science