

Carlee B. Nichols

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EDUCATION

University of Georgia Athens, Georgia
Bachelor of Science in Health Promotion, Minor in Health Policy and Management August 2026
GPA: 3.92/4.00

WORK EXPERIENCE

Group Fitness Program Assistant Athens, Georgia
Department of Recreational Sports at UGA August 2025 - Present

- Assists in the hiring, onboarding, and continuous development of all group fitness instructor staff members at the Ramsey Student Center for 10 to 15 hours weekly.
- Coordinates scheduling for a team of 60 part-time employees, ensuring efficient resource utilization.
- Drafting and distributing departmental communications, such as policy updates and reminders to staff members, as well as facilitating monthly meetings with all staff members.
- Develops immersive programs and incentives for hundreds of group fitness participants at UGA.

Group Fitness and Small Group Fitness Instructor Athens, Georgia
Department of Recreational Sports at UGA August 2024 - Present

- Instructs CardioBox, a Group Fitness Class, and Boxing 101, a Small Group Class, offered by the Department of Recreational Sports at the University of Georgia for five hours weekly, dedicated to teaching people how to box and workout, promoting health and empowerment.
- Responsible for creating a motivating environment while coaching patrons on boxing techniques, encouraging fitness, and creating a positive experience centered around well-being and self-positivity.

VOLUNTEER EXPERIENCE

Pianist/Activities Volunteer Woodstock, Georgia
The Oaks Assisted Living Facility at Towne Lake June 2021 - December 2023

- Played the piano during weekly dinner hours, organized and facilitated community events, and provided companionship for residents.
- Spearheaded intergenerational initiatives that promoted socialization and reduced isolation among the community's aging population through collaboration with local high schools and other community organizations.

Activities Volunteer/General Entertainer Woodstock, Georgia
Agape Hospice Care June 2021 - July 2023

- Cared for elderly individuals entering their final stage of life, provided necessary medical care, ensured patient happiness and comfort, arranged entertainment events, and supplied an outlet for socialization.

CAMPUS INVOLVEMENT

UGA Noteworthy A cappella, Assistant Business Director August 2023 – May 2025

- Assisted in leading a group of 16 musicians in performances, community outreach events, and productions dedicated to keeping a cappella and the art of creating music alive at the University of Georgia.
- Created yearly budgets, generated monthly schedules, and communicated with community partners to plan events, while using teamwork to assist the business director and other members of the executive board with daily tasks.

CERTIFICATIONS

Basic Life Support (CPR & AED), American Heart Association February 2026 - February 2028
Standard & Pediatric First Aid, CRSA Trauma Society February 2026 - February 2028

HONORS AND AWARDS

UGA Dean's List 2024
UGA Presidential Scholar 2023
Zell Miller Scholarship 2023