



CONTACTS

Business address:
4350 Concourse Dr.
Ann Arbor, MI 48108

PHONE:
(734) 845-0308

Websites:
www.byoungbfit.com
www.thefitnesshouse.com
www.beanwellnessretreats.com

EMAIL:
brian.young@byoungbfit.com
brian@thefitnesshouse.com
byoungbfit@gmail.com

Social media:



EDUCATION/CERTIFICATIONS

BS in Business Administration from Barton College, Wilson NC **2005**
A.C.E. Certified Personal Trainer **2006**
A.C.E. Certified Fitness Nutrition Specialist **2008**
U.S.A. Weightlifting Level 1 Sport Performance Coach **2011**
TPI Certified Golf fitness instructor **2015**

BRIAN YOUNG

Fitness Business Entrepreneur

MANAGERIAL EXPERIENCE

Eastern Michigan University Rec/IM building

May 2008 – July 2014

- ✓ Creator & Director of BYBF @ EMU fitness programs
- ✓ Coordination & design of 20+ group exercises classes
- ✓ Managing staff of up to 14 W-2 employees & 8 1099's
- ✓ Generated total sales growth of 600% (financial reports available upon request)

B Young – B Fit LLC

April 2006 – June 2018

- ✓ Creator & Director of B Young B Fit LLC – personal training, group fitness, nutritional counseling & sport performance
- ✓ Coordination of Personal Training program
- ✓ Design & scheduling of over 40+ group exercise classes
- ✓ Managing staff of over 50+ employees (peak of 14/time)
- ✓ Acquisition of 8 Corporate Wellness contracts including UM Hospital, VA Hospital & Bank of Ann Arbor (full list available upon request)

The Fitness House of Michigan LLC

July 2018 – present

- ✓ Creator & Director of The Fitness House health & wellness cooperative
- ✓ Coordination of 4 fitness businesses operating at TFH
- ✓ Design of 3,000+ sq. foot facility including gym, equipment, private treatment rooms & outdoor workout areas

OTHER WORK EXPERIENCE

- **B.E.A.N. Wellness – 2014-present** Co-creator & Lead movement specialist for multiple wellness retreats in Tulum, Mexico
- **B Young – B Fit LLC - 2006-present** Head personal trainer, group fitness instructor, nutritional counselor, sport performance coach
- **Eastern Michigan University – 2006-2014** Adjunct lecturer

ACHIEVEMENT & SKILLS

- Member of Ann Arbor Pioneer 1999-00 Men's Class A State Championship team
- 5-year NCAA Division II basketball player
- 3-time National Dean's List recipient 2000-03
- Featured trainer on MTV's MADE: Tough Mudder episode 2012
- Written published articles in: Small Business Review, Natural Awakenings, Eastern Echo, annarbor.com, Styleline magazine and EmYou the magazine