Austin Moore

PERSONAL TRAINER
MOBILITY AND
RECOVERY COACH

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HIGHLIGHTS

Most Valuable Trainer
Voted at Life Time, February 2021

#1 in private training sales
February 2021 · $13,003

4.9 ★ from 23 Google reviews
Austin Moore's Quality Coaching

The Moore Mobility Club
Recovery, posture and performance clinic I created and ran

WHAT MEMBERS SAY

"Feel loosened up like I had a deep tissue massage by the time I leave. Improved mobility for sure."
Mike M.

"He takes the time to explain why he is having me do a certain exercise which I really appreciate!"
Jill M.

SKILLS

Assessments · mobility and stretch coaching · recovery and posture · program design · habit coaching · group instruction · member onboarding and retention · sales · email marketing · web and automation tools

EDUCATION

University of Rio Grande, OH
BS, Business Management, minor in Psychology
GPA 3.60 · 90% athletic scholarship · Dean's list

I enjoy helping people move better, recover faster and keep the habits that get them there. I coached Life Time members in Westminster for three and a half years and created The Moore Mobility Club. Since 2023 I have kept working with clients every day, helping businesses reach their goals through sales processes, automation and the web.

COACHING

Health Coach and Personal Trainer
Mar 2020 – Sep 2023
Life Time · Westminster, CO

- Coached members one-on-one and in groups on strength, mobility, recovery and lasting habits.
- Built wellness programs and personalized self-development courses for clients.
- Grew a private training book through assessments, follow-up and email outreach.

Manager and Instructor, The Moore Mobility Club
Feb 2021 – Jan 2022
Life Time · Westminster, CO

- Created, managed and taught a recurring recovery, posture and performance clinic for members.
- Extended it into an employee wellness program.
- Wrote handouts so members could keep practicing between sessions.

Coach and Consultant
Aug 2022 – Sep 2023
Moore Research (self-employed) · Denver, CO

- Assessment sessions and coaching plans for private clients on mobility, holistic health and habits.
- Created eight self-improvement courses drawn from a review of more than 50 behavior-change studies.

BUSINESS AND TECHNOLOGY

Web and Marketing Consultant
Aug 2025 – Present
Independent

- Work one-on-one with small-business owners to turn their goals into websites, forms and follow-up that bring in customers.
- Clients include Delcon Energy (website and quote form), Sunday Shine Cleaning (website and online booking) and Keel Watch Badges (order form and shipping workflow).
- Stay on after launch, improving each site and tech stack based upon the owner's own feedback.

Automation Engineer
Mar 2024 – Jul 2025
MC Nutraceuticals · Golden, CO

- Automated repetitive sales and admin work in Python, giving the team more time with clients.
- Segmented customers with machine learning on Google Cloud, so each client got outreach that fit their needs.
- Connected HubSpot with Dynamics 365, and built a chatbot that let reps pull up a client's orders on the go.

Account Executive
Aug 2023 – May 2024
MC Nutraceuticals · Golden, CO

- Ran the full sales cycle, from lead generation to onboarding, learning each client's goals and following through so accounts kept growing.
- Reached $100,000 in monthly sales within four months of entering into the sales position.

Asst. Director of Athletic Marketing and Sales
May 2018 – May 2019
Ohio University · Athens, OH

- Managed hundreds of sponsor relationships, led 14 interns, and ran the monthly Tailgreat fundraising event.