

General Information

Name William Fain
Applicant ID 212552
Applicant Type External Applicant
Applicant Status 020 Hired
Applied Date 04/07/2025

Contact Information

Name Prefix
First Name William
Middle Name
Last Name Fain
Name Suffix
Address 4928 Annette dr
Tallahassee, FL 32303
Leon
Preferred Contact Email

Phone Numbers

Phone Type	Telephone	Extension	Country Code	Preferred
Home	850/251-9887			Yes
Other	+1 8502519887			No

Email Addresses

Email Type	Email Address	Preferred
Home	ironvaultstrength@gmail.com	Yes

Personal Information

POI Type Unknown
Eligible to Work in U.S. No
Are you a former employee No
Previous Termination Date

Preferences

Desired Start Date 05/01/2025
Regular/Temporary Regular
Full/Part-Time Full-Time
Willing to Relocate No

Willing to Travel No
Travel Percentage Up to 50% of the time
Desired Work Days ☒ Monday ☒ Tuesday ☒ Wednesday
☒ Thursday ☒ Friday ☒ Saturday
☒ Sunday
Minimum Pay 2800.00 USD Bi-weekly
Desired Shift(s) Any
Hours Per Week 40.00

Geographic Preferences

First Choice Tallahassee Police Department
Second Choice City of Tallahassee
Comments Willing to work out of multiple facilities. I have experience running classes in multiple facilities during the same day, and travelling and setting up equipment at remote locations.

Referral Sources

How did you learn of the job? Employee
Additional Information
Specific Referral Source Word of Mouth

Work Experience

Start Date 01/01/2022
End Date
Employer North Florida Heritage Sports
Ending Job Title Board Member and Event Coordin
Supervisor
Ok to Contact? Yes
Email
Phone **Country Code**
Ending Pay Rate 0.00 USD Month
Description

- Designed inclusive fitness events with a focus on community engagement and equitable access.
- Managed volunteer coordination, grant funding, and logistics for wellness-based initiatives.

Start Date 01/01/2022

End Date	12/31/2024	
Employer	Leon High School	
Ending Job Title	High School Educator	
Supervisor		
Ok to Contact?	Yes	
Email		
Phone		Country Code
Ending Pay Rate	0.00 USD Month	
Description	• Fostered student well-being in core classes while incorporating aspects of Health and Wellness into their curriculum • Earned consistent Highly Effective ratings for teaching and leadership.	

Start Date	01/01/2019	
End Date		
Employer	The Iron Vault	
Ending Job Title	Owner and Head Trainer	
Supervisor		
Ok to Contact?	Yes	
Email		
Phone		Country Code
Ending Pay Rate	0.00 USD Month	
Description	• Led development and execution of individualized and group fitness programs tailored to all ability levels, including injury recovery and chronic illness management. • Worked directly with elite athletes, Special Olympics participants, and clients with disabilities including prosthetic users. • Applied data analytics to group performance metrics to continuously improve training outcomes. • Created educational content and conducted wellness seminars to promote sustainable health practices in our community.	

Start Date	01/01/2013	
End Date	12/31/2018	
Employer	Strength Club	
Ending Job Title	Trainer and Facility Manager	
Supervisor		
Ok to Contact?	Yes	

Email	
Phone	
Ending Pay Rate	0.00 USD Month
Country Code	
Description	- Directed all aspects of gym operations including program development, scheduling, client relations, and staff training. - Led group fitness sessions with a focus on injury prevention, strength development, and conditioning. - Provided ongoing health education and motivational coaching to help clients adopt long-term wellness habits.

Education Level

Highest Education Level	Bachelors Level Degree
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Training

Course Title	School Name	Course Date
Loaded Movement Specialist	Kabuki Strength	11/30/2018
RKC Instructor	Russian Kettlebell	11/21/2015
Judging Certification	Strongman Club	11/01/2025
NASM CPT	NASM	07/10/2011
Powerlifting Coach	USAPL	04/18/2015
ISSA CPT	ISSA	01/05/2015

Degrees

Degree	Bachelor of Science (BS)
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School Education

Education Level	Diploma (02)
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References

Reference	Title	Employer	Phone	Country Code
Angela Ivy	Board Member, North Florida H	City of Tallahassee	850/405-0069	
Anika Fields	Supervisor	Special Olympics/ FAMU	850/510-4277	

Walker Brwon	Director	Dermatology Solutions Group	850/545-1729	
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Questionnaire

Final:

Question: Do you possess a bachelor's degree in occupational health and safety, communications, sports medicine, fitness, health and wellness, physical education or a related field?

Answers		
Possible Answer	Correct Answer	Selected Answer
Yes	✓	✓
No		

Question: Do you possess four years of professional experience that includes employee benefits, health and fitness programs, wellness programs?

Answers		
Possible Answer	Correct Answer	Selected Answer
Yes	✓	✓
No		

Question: Do you possess a high school diploma or GED and eight (8) years of professional experience that includes employee benefits, health and fitness programs, wellness programs?

Answers		
Possible Answer	Correct Answer	Selected Answer
Yes	✓	✓
No		

Additional Questions:

Question: Please tell us why you left your most recent employment/why you are leaving your current employment.

Answer: My most recent employer is The Iron Vault, which I still own and currently operates independently. I continue to use it as my personal training space, but creating some separation between my professional obligations and where I train personally would greatly enhance my quality of life.

Evaluators for Open Ended Question
There are no Evaluators assigned to this Open Ended Question.

Question: Are you a current or former public safety personnel, law enforcement officer, or other covered

employee or the spouse or child of a covered employee or former employee who is exempt from public records disclosure under §119.07, Florida Statutes?

Answers		
Possible Answer	Correct Answer	Selected Answer
Yes		
No	✓	✓

Question: Have you been employed by the City of Tallahassee in the past 26 weeks (6 months)?

Answers		
Possible Answer	Correct Answer	Selected Answer
Yes		
No	✓	✓

Question: Are you claiming Veterans' Preference? NOTE: In order to claim Veterans' Preference, applicants must upload a DD-214 (and other documentation, as applicable) with their online application prior to the close date of the job opening. For information on who may be eligible for Preference, go to: <http://www.http://floridavets.org/benefits-services/veterans-preference/>

Answers		
Possible Answer	Correct Answer	Selected Answer
Yes		
No	✓	✓

Question: In compliance with the Immigration Reform and Control Act, employees must be legally eligible to work in the U.S.; therefore, will you be able to provide proof of citizenship or authorization to work in the U.S. within 3 business days of being hired?

Answers		
Possible Answer	Correct Answer	Selected Answer
Yes	✓	✓
No		

Question: Selective Service Question: If you are a Male who is or was required to register under the Selective Service Act, are you able to provide proof of Selective Service Registration? For proof of registration, please click here: <https://www.sss.gov/Registration/Check-a-Registration/Verification-Form>. (Please select one answer only.) For more information, see the Selective Service System--Who Must Register chart at: <https://www.sss.gov/Registration-Info/Who-Registration> , or call (850)891-8214.

[NOTE: If you are a Female; OR a Lawful non-immigrant on a visa (i.e. a foreign student, a tourist with unexpired Form I-94, or Border Crossing Document DSP-150); OR if you were born before January 1, 1960, select "Not Applicable". Documentation of exemption may be required.]

Answers		
Possible Answer	Correct Answer	Selected Answer
Yes		✓
No		
N/A	✓	

Question: To your knowledge, do you have any relatives working for the City of Tallahassee? (If Yes, please provide their name, relationship to you, and the department they work for.)

Answer: No

Evaluators for Open Ended Question
There are no Evaluators assigned to this Open Ended Question.

Question: By typing "YES" in the space provided below, I hereby acknowledge that in order to be evaluated for a position, I must provide all work experience, dates of employment, description of duties performed and any other information that is being requested via this online application. While resume's are accepted, they will not be accepted in lieu of filling out any and all information requested via the online application. Failure to provide adequate information in the application itself will result in your application not being considered.

Answer: YES

Evaluators for Open Ended Question
There are no Evaluators assigned to this Open Ended Question.

Resume

WILLIAM BRETT FAIN Contact Information â€ Phone : 850-251-9887 â€ Email : ironvaultstrength@gmail.com â€ Address : 4928 Annette dr. Tallahassee FL Professional Summary

Passionate and experienced wellness professional with over 15 years of success in managing fitness facilities, designing and leading group wellness programs, and educating clients on healthy living practices. Proven ability to work with diverse populations including world champion athletes, Special Olympics participants, disabled individuals (including prosthetic users) , and clients managing chronic injury or illness. Expert in injury recovery and prevention using customized modalities and evidence-based strategies. Proficient in analyzing group data to enhance program effectiveness and committed to fostering a culture of health and resilience within public service organizations. Key Skills â€ 15+ years in fitness program leadership and management â€ Injury recovery & adaptive wellness specialist â€ Velocity-Based Training pioneer in Florida â€ Experience coaching all levels, from beginners to elite athletes â€ Expertise in wellness programming & preventive health â€ Data-driven protocol development & optimization â€ Team leadership & facility operations â€ Community outreach & engagement Professional Experience

Owner & Head Trainer The Iron Vault - Tallahassee, FL ,2019 - Present â€ Led development and execution of individualized and group fitness programs tailored to all ability levels, including injury recovery and chronic illness management. â€ Worked directly with elite athletes, Special Olympics participants, and clients with disabilities including prosthetic users. â€ Applied data analytics to group performance metrics to continuously improve training outcomes. â€ Created educational content and conducted wellness seminars to promote sustainable health practices in our community. Trainer & Facility Manager Tallahassee Strength Club - Tallahassee, FL ,2013 - 2018 â€ Directed all aspects of gym operations including program development, scheduling, client relations, and staff training. â€ Led group fitness sessions with a focus on injury prevention, strength development, and conditioning. â€ Provided ongoing health education and motivational coaching to help clients adopt long-term wellness habits. Board Member & Event Coordinator North Florida Heritage Sports - Tallahassee, FL ,2022 - Present â€ Designed inclusive fitness events with a focus on community engagement and equitable access. â€ Managed volunteer coordination, grant funding, and logistics for wellness-based initiatives. High School Educator Leon High School - Tallahassee, FL ,2022 - 2024 â€ Fostered student well-being in core classes while incorporating aspects of Health and Wellness into their curriculum â€ Earned consistent Highly Effective ratings for teaching and leadership. Education Bachelor of Science, Social Sciences Florida State University - 2014 Achievements and Certifications â€ Certified Personal Trainer (CPT) , ISSA & NASM â€ Group Fitness Instructor â€ CPR/AED Certified â€ RKC Kettlebell Instructor â€ Kabuki Loaded Movement Specialist â€ USAPL Powerlifting Coach â€ Developed the first Velocity-Based Training (VBT) facility in Florida, enhancing client performance through innovative techniques. Utilizing data driven decisions through remote coaching protocols â€ Consistently rated Highly Effective in teaching and leadership roles in multiple organizations References DAVID COVAN TRAINING INSTRUCTOR & OFFICER, TALLAHASSEE POLICE DEPARTMENT 850-567-0026 ,? DAVID.COVAN@TALGOV.COM ANGELA IVY BOARD MEMBER, NORTH FLORIDA HERITAGE SPORTS 850-363-1537 ,? THEANGELAIVY@GMAIL.COM ANIKA FIELDS SPECIAL OLYMPICS COACHING SUPERVISOR (8+ YEARS) 850-510-4277 ,? ANIKA.C.FIELDS@GMAIL.COM

WILLIAM BRETT FAIN

Contact Information

- **Phone:** 850-251-9887
 - **Email:** ironvaultstrength@gmail.com
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-

Professional Summary

Passionate and experienced wellness professional with over 15 years of success in managing fitness facilities, designing and leading group wellness programs, and educating clients on healthy living practices. Proven ability to work with diverse populations including world champion athletes, Special Olympics participants, disabled individuals (including prosthetic users), and clients managing chronic injury or illness. Expert in injury recovery and prevention using customized modalities and evidence-based strategies. Proficient in analyzing group data to enhance program effectiveness and committed to fostering a culture of health and resilience within public service organizations.

Key Skills

- **15+ years in fitness program leadership and management**
- **Injury recovery & adaptive wellness specialist**
- **Velocity-Based Training pioneer in Florida**
- **Experience coaching all levels, from beginners to elite athletes**
- **Expertise in wellness programming & preventive health**
- **Data-driven protocol development & optimization**
- **Team leadership & facility operations**
- **Community outreach & engagement**

Professional Experience

Owner & Head Trainer

The Iron Vault – Tallahassee, FL | 2019 – Present

- Led development and execution of individualized and group fitness programs tailored to all ability levels, including injury recovery and chronic illness management.
- Worked directly with elite athletes, Special Olympics participants, and clients with disabilities including prosthetic users.
- Applied data analytics to group performance metrics to continuously improve training outcomes.
- Created educational content and conducted wellness seminars to promote sustainable health practices in our community.

Trainer & Facility Manager

Tallahassee Strength Club – Tallahassee, FL | 2013 – 2018

- Directed all aspects of gym operations including program development, scheduling, client relations, and staff training.
- Led group fitness sessions with a focus on injury prevention, strength development, and conditioning.
- Provided ongoing health education and motivational coaching to help clients adopt long-term wellness habits.

Board Member & Event Coordinator

North Florida Heritage Sports – Tallahassee, FL | 2022 – Present

- Designed inclusive fitness events with a focus on community engagement and equitable access.
- Managed volunteer coordination, grant funding, and logistics for wellness-based initiatives.

High School Educator

Leon High School – Tallahassee, FL | 2022 – 2024

- Fostered student well-being in core classes while incorporating aspects of Health and Wellness into their curriculum
 - Earned consistent "Highly Effective" ratings for teaching and leadership.
-

Education

Bachelor of Science, Social Sciences

Florida State University — 2014

Achievements and Certifications

- Certified Personal Trainer (CPT), ISSA & NASM
 - Group Fitness Instructor
 - CPR/AED Certified
 - RKC Kettlebell Instructor
 - Kabuki Loaded Movement Specialist
 - USAPL Powerlifting Coach
 - Developed the first Velocity-Based Training (VBT) facility in Florida, enhancing client performance through innovative techniques. Utilizing data driven decisions through remote coaching protocols
 - Consistently rated "Highly Effective" in teaching and leadership roles in multiple organizations
-

References

DAVID COVAN

TRAINING INSTRUCTOR & OFFICER, TALLAHASSEE POLICE DEPARTMENT

📞 850-567-0026 | ✉️ DAVID.COVAN@TALGOV.COM

ANGELA IVY

BOARD MEMBER, NORTH FLORIDA HERITAGE SPORTS

📞 850-363-1537 | ✉️ THEANGELAIVY@GMAIL.COM

ANIKA FIELDS

SPECIAL OLYMPICS COACHING SUPERVISOR (8+ YEARS)

 850-510-4277 |  ANIKA.C.FIELDS@GMAIL.COM

Cover Letters

WILLIAM BRETT FAIN.

Contact Information

- **Phone:** 850-251-9887
- **Email:** ironvaultstrength@gmail.com
- **Address:** 4928 Annette dr. Tallahassee FL

City of Tallahassee – Human Resources

300 S Adams St.
Tallahassee, FL 32301

Dear Hiring Committee,

I am excited to apply for the Wellness Specialist position with the Tallahassee Police Department. With over 15 years of experience in fitness program leadership, injury prevention, and adaptive wellness training, I am confident in my ability to support the department's mission of promoting health and resilience among its personnel.

My background includes founding and leading The Iron Vault, where I developed data-driven group and individual programs tailored to a wide range of clients—from elite athletes and Special Olympics participants to individuals managing chronic conditions and disabilities. As a certified personal trainer (ISSA & NASM), RKC kettlebell instructor, and group fitness leader, I hold all necessary qualifications required for this role. I am also proud to have pioneered Florida's first Velocity-Based Training facility, a testament to my commitment to innovation in health and performance.

In addition to managing operations and wellness programming at two leading fitness facilities in Tallahassee, I have served as an educator at Leon High School, where I consistently earned "Highly Effective" ratings for my education practices. I'm also active in community outreach through North Florida Heritage Sports, designing inclusive fitness events and coordinating health-based initiatives.

I am passionate about serving my community and strongly aligned with the City of Tallahassee's vision to be a national leader in public service. I believe my ability to connect with diverse populations, implement evidence-based wellness strategies, and foster positive lifestyle change makes me an ideal fit for this position within TPD.

Thank you for considering my application. I would welcome the opportunity to discuss how my experience and vision can contribute to the ongoing success of your wellness initiatives.

Sincerely,
William Brett Fain