



I build the whole thing.

Schema to screen, in production, for millions of Life Time members. I led the monolith-to-microservices migration, built the trainer-facing AI coaching assistant, and designed the event mesh under both. Co-founder of a software LLC on the side, which means every architectural shortcut is a bill I pay personally.

5+	50+	1M+	3x
YEARS ENGINEERING	MICROSERVICES	MEMBERS SERVED	FASTER DEPLOYS

[01] EXPERIENCE

Senior Full-Stack Engineer // Life Time Inc.

MAY 2022 – PRESENT

CHANHASSEN, MN

- Led the migration off the monolith to 50+ independently deployable services, each with its own CI/CD. Deploys fell from 15+ minutes to under 5, in parallel. Every seam was cut live — and a seam is where data goes missing.
- Built the trainer-facing coaching assistant inside L.AI.C, our AI coaching platform. Planning a member's program fell from ~10 minutes to under 2. Generation was never the hard part: a suggestion that ignores the methodology a coach already trusts gets overridden, and an assistant that gets overridden is one nobody opens twice.
- Designed the Kafka producers, consumers and topic structure carrying real-time data across the mesh. At-least-once delivery makes ordering and idempotency the real work: a member never sees the same session twice.
- Ship the platform across three clients — member app, trainer app on iOS and Android, a web console — all writing the same programs. A trainer's change on the floor lands on the member's phone before they finish the set.
- Tune query paths and index strategy on Cosmos DB and MongoDB under production load, hold Jest and Playwright coverage, and mentor the engineers coming up behind me.

Co-Founder & Backend Engineer // Happy Cactus Solutions LLC

2024 – PRESENT

REMOTE

- Co-founded the LLC and own the backend for Alpacca, a family and business management app: a .NET C# API and a Python/Node MCP server on FastMCP behind a Kotlin Multiplatform client.
- Chose the stack and ship it around a full-time job. The tradeoff was deliberate — a narrow, boring core one person can operate at 11pm beats a broad one that needs a team.

Account Manager & Data Analyst // Incentive Services

JUL 2021 – MAY 2022

EDINA, MN

- Ran a healthcare SaaS platform as the technical interface for enterprise clients — requirements one way, system constraints back the other. Built the reporting dashboards and the KPI model underneath, which is where I stopped asking for the data and started querying it.

Earlier at Life Time: Program Coordinator, Nutrition & Metabolic (2019–2020) · Regional Account Manager, U.S. and Canada accounts at 85%+ retention (2017–2019).

[02] STACK

LANGUAGES	TypeScript · JavaScript · C# · Python · SQL
FRONTEND	React · Vue · Next.js · Tailwind · Framer Motion
BACKEND	Node.js · Express · .NET / ASP.NET · REST · Microservices
DATA & CLOUD	MongoDB · Cosmos DB · MySQL · Azure · Docker · Kubernetes · Kafka
AI / AGENTS	MCP Servers · LLM Orchestration · RAG · Agentic Workflows · Prompt Engineering
PRACTICES	System Design · CI/CD · TDD · Kanban · Mentorship

[03] EDUCATION

Full-Stack Development, MERN	University of Minnesota	2021
M.S. Exercise Science	Concordia University, St. Paul	2019
B.S. Business Management & Administration	University of Minnesota — Crookston	2016