

Job Description

Job Title: Personal Trainer	Department: Fitness
Reports To: Fitness & Wellness Coordinator	Status: Commissions

JOB SUMMARY

A Personal Trainer is responsible for instructing safe and motivating sessions that are effective and goal-oriented to each client.

ESSENTIAL DUTIES AND RESPONSIBILITIES

- Serve as a role model and maintain professional attitude to members and co-workers Ability to answer questions regarding human anatomy and physiology, biomechanics, and how they apply to exercise.
- Be able to lead a member through all fitness consultations offered.
- Contact clients via phone or email to schedule appointments.
- Maintain at least 8 hours of Personal Training every two weeks.
- Answer questions and promote fitness and wellness programming to members.
- Record sessions per pay period and turn into the designated place in the break room.
- Maintain a clean and safe environment for members.
- Cover fitness floor shifts as needed.
- Instruct and program Group Exercise classes as needed.
- Attend all departmental meetings.
- Must present themselves appropriately with proper uniform and hygiene.

REQUIRMENTS

- The following Licenses or Certifications are required: ACSM, ACE or NSCA.
- Must be highly motivated
- Generate leads for sales
- Excellent communication and interpersonal skills
- Good organizational skills
- An understanding of health club operations

REQUIRED KNOWLEDGE, SKILLS AND ABILITIES

- Experience in a health club or recreation center.
- Experience working with rehabilitative clients and/or student athletes.
- Must have a Personal Training Certification approved by supervisor.
- Recommended to have a Group Exercise Certification approved by supervisor.
- Bachelor's or Master's degree (obtained or pending) in Exercise Science or related field.
- CPR, First Aid, and AED certifications (must be obtained within 60 days of hire).

