

Personal Fitness Trainer

Job Description

Personal Fitness Trainers work with clients to improve their fitness, physicality, and overall health.

Responsibilities

- Evaluate a client's needs and goals.
- Create customized training programs for clients.
- Set fitness goals and monitor clients' progress.
- Demonstrate training techniques and movements.
- Ensure safe and effective use of training equipment.
- Maintain training equipment hygiene and safety.
- Manage client scheduling including setting appointments and checking clients in on facility scheduling platform; input hours worked in payroll system.
- Maintain personal training certification(s) including at least 4 continuing education credit courses annually.

Qualifications

- Current personal training certification from a recognized certifying agency (ACE, AFAA, NASM, WITS, ACE, NASM, WITS, AFAA, ISSA, ASFA, YMCA) or equivalent.
- Alternatively, a degree in a fitness field (Kinesiology, Exercise Science, Fitness, Health & Wellness)
- Current CPR/AED/1st Aid certification with the ability to obtain ARC CPR for the Professional Rescuer (CPRO) certification within 6 months of hire.

Responsible To

Operations Director

Job Conditions

Part-time hourly. Trainer schedules clients within regular facility hours, including evenings and weekends.

Wages

\$50 - \$70 per hour