

Create Healthy Wellness Center

JOB DESCRIPTION

Job Title: Personal Trainer

Exempt Status: Non-Exempt

POSITION SUMMARY:

Works as a professional member of the Wellness Center fitness staff to assist members with personalized one on one or small group fitness instruction. A trainer must be knowledgeable of Wellness Centers hours, memberships, and programming to assist clientele. Assists Wellness Center members during equipment orientations scheduled through the front desk. Must have excellent knowledge of how to use gym equipment and various fitness tools to accommodate different needs of clientele. A successful personal trainer will possess skills and qualifications that will allow them to provide their clients with the best advice and exercise plans. Is knowledgeable on current and new emerging fitness trends.

JOB RESPONSIBILITIES:

- Creates personalized workouts for clientele based on client need, ability and goals of clients
- Sets realistic and achievable fitness goals and monitors their clients progress
- Monitors and instructs clients during personal training session on safe and effective use of cardiovascular, flexibility and strength training equipment.
- Ability to work a flexible schedule to work with clients' needs
- Must have a motivational mindset to encourage their clients to complete challenging exercises
- Must have the physical strength and experience to model proper form
- Must be knowledgeable about appropriate safety precautions to take during strenuous activities, using excellent communication skills to educate their clients about any health and safety risks related to their exercise plan.
- Responsible for scheduling clients within the Wellness Center Club A system. Must follow scheduling and cancellation policy and procedures for Wellness Center.
- Responsible for updating and/or approving your payroll entries on a weekly basis
- Provide customer service assistance at the front desk when available. Promotes and sells Wellness Center program and services (when applicable)
- Maintain a positive TEAM environment and professional relationship with staff and members

EDUCATION AND EXPERIENCE:

Required: Nationally recognized Personal Trainer Certification

Preferred: 2 years of related experience