

POSITION: Personal Trainer

EFFECTIVE DATE: 10/21

PAY: Hourly- \$ 11.00 - 15.00 Training- 70% split

STATUS: Part-time

POSITION REPORTS TO: Fitness Coordinator, Fitness Manager, Aquatics & Fitness Director

**GENERAL PURPOSE:**

Under the direction of the Fitness Coordinator and Head Trainer, responsible for the instruction and safety of patrons and clients enrolled in private and semi-private fitness and weight loss training programs at the Recreation Center.

**EXAMPLE of DUTIES:**

1. Responsible for performing training duties in a safe and effective manner
  - a. Supervise the conduct of clients and patrons to prevent unsafe conditions and behavior in order to deter accidents or injuries
  - b. Plan, develop, and instruct safe, effective and fun fitness and weight-loss training sessions and classes
  - c. Monitor intensity through the duration of each session and offer modifications if necessary
  - d. Be prepared and ready to start sessions on time and provide quality and consistent instruction for the duration of the planned session.
  - e. Report unsafe conditions to the appropriate personnel in a timely manner
  - f. Promote the center's Fitness classes, programs, and offerings
  - g. Help keep the Recreation Center clean and uncluttered, particularly in areas of applicable usage
  - h. Record attendance on appropriate forms
2. Assume responsibility for maintaining positive relations with patrons
  - a. Conduct oneself in a professional manner and dress in proper attire
  - b. Assist and support patrons in a positive and productive manner
  - c. Respond to questions and concerns promptly
  - d. Stay alert and attentive while on duty
3. Responsible for establishing and maintaining effective working relations with personnel and management
  - a. Attend all staff meetings and in-service training sessions
  - b. Further professional development by reading educational materials, watching educational videos and attending seminars, workshops, and conferences when appropriate
  - c. Maintain active involvement in related professional organizations
  - d. Provide input for Fitness area planning
  - e. Discuss problems and concerns with appropriate personnel
4. Other duties as assigned

### **MINIMUM QUALIFICATIONS:**

1. High school graduate or equivalent
2. At least 18 years of age
3. Ability to communicate effectively with patrons, supervisors, and other employees
4. Comprehensive knowledge of fitness, nutrition, anatomy, weight control, and exercise principles
5. Alert, attentive, self motivated, enthusiastic, responsible and adaptable
6. Good physical condition
7. Ability to function as a team player
8. Current American Red Cross or equivalent certifications First Aid, CPR / AED,
9. Personal Training certification from ACSM, NSCA, ACE, NASM, or other national certifying agency

### **DESIRED QUALIFICATIONS:**

1. Previous or additional experience as a group fitness instructor
2. Additional or specialty certifications
3. Bachelor's degree in Sports & Exercise Science, Fitness, Nutrition, Health Education or related fields.

### **WORKING CONDITIONS:**

1. Willing and available to work early mornings, mid-day, evenings, weekends, and holidays
2. Moderate physical activity including pushing, pulling, and lifting medium to heavy weights
3. Uncomfortable working positions such as stooping, crouching, and bending
4. May have a few disagreeable elements such as noise, poor ventilation, or extreme or uneven temperatures
5. Work inside and outside
6. Exposure to stressful situations as a result of human behavior