



## Job Posting

**JOB TITLE:** Personal Trainer – Part Time      **REPORTS TO:** Health & Wellness Manager

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### **JOB SUMMARY**

A Personal Trainer is dedicated to helping individuals achieve their fitness and wellness goals. We just opened a brand-new facility, the Symons Family Fitness Center, and have a wonderfully supportive community to ensure our clients succeed. We are looking for a passionate and dedicated Personal Trainer to join our team and help our clients on their fitness journeys. This individual will be responsible for ensuring prompt communication, accurate record keeping, adherence to professional standards, maintaining current personal training certification, hands-on CPR/AED certification, a passion to help others, and supporting the team environment.

### **DUTIES & ESSENTIAL JOB FUNCTIONS**

- **Member Engagement:** conduct one-on-one assessments and personal training sessions. Develop a solid working relationship with clients, members, to deliver beyond expectations.
- **Programming:** Develop personalized fitness programs tailored to clients' individual goals, needs, and abilities in an inclusive fitness environment.
- **General:** Provide members and clients with guidance and instruction on proper exercise techniques and safe workout practices. Monitor and document clients' progress, adjusting programs as needed and educating clients about their progress.
- **Safety and Cleanliness:** Maintain a clean, safe, and organized workout environment.
- **Communication:** Respond to all staff and client communications within 24 hours. Respond to any concerns or suggestions professionally.
- **Training Load:** Maintain a training load consistent with goals established with Personal Training Manager or actively pursue/work towards said goals
- **Documentation:** Accurately track your hours and client sessions per management instructions.
- **Social Media -** If active on social media, the successful candidate must uphold professional conduct when posting about their fitness work on social media platforms.

### **REQUIRED QUALIFICATIONS**

- High School Diploma required; degree in Exercise Science, Kinesiology or related field preferred.
- Previous experience in personal training or group fitness instruction is strongly preferred.
- At least one year customer service experience preferred.
- CPR/AED Certification
- First Aid preferred
- Certified Personal Trainer (CPT) credentialing from NASM, ACE, ISSA, NETA, NCSF, AFAA, ACSM
- Strong interpersonal and relationship building skills.
- Ability to communicate effectively in English. Ability to stand for extended periods and lift up to 50 pounds.

### **CONDITIONS OF EMPLOYMENT**

Must satisfactorily complete all pre-employment background checks and reference checks.

### **TO APPLY**

Please submit cover letter, resume and salary requirements to: [HR@jewishfedhbg.org](mailto:HR@jewishfedhbg.org)

Pay rate will be based upon experience and qualifications. Pay range is \$25-\$35/hour.

**EOE AA M/F/Vet/Disability Qualified applicants will receive consideration for employment without regard to their race, color, religion, national origin, sex, protected veteran status or disability.**