

Adventure 212 Fitness Personal Trainer Job Description

Job Title: Personal Trainer	Department: Personal Training
Reports To: Fitness Operations Team Leader	Status: Hourly, Non-Exempt, Full or Part-Time

JOB SUMMARY

The Personal Trainer's purpose is to provide fitness programming specific to the goals and ability level of the client. Personal Trainers are expected to provide one-on-one, two-on-one, and small group training sessions 60-minutes in length.

ESSENTIAL DUTIES AND RESPONSIBILITIES

- Maintain a personal commitment to meeting the needs of members and guests.
- Create a client-specific exercise program for every training session.
- Consistently offer high-quality programming that is goal-specific, safe, and enjoyable.
- Assist in development and implementation of club programs and events.
- Participate in all staff related meetings and other required activities.
- Behave as a role model by leading and promoting a healthy lifestyle.
- Maintain a professional, positive attitude at all times when working with members.
- Seek opportunities for personal and professional growth.
- Dress professionally, according to the Adventure 212 Fitness dress code standards.
- Perform a customer service role by assisting members in monitoring their exercise programs, encouraging members to reach their fitness and wellness goals, and handling member concerns and complaints quickly and effectively.
- Actively market and promote personal training to acquire new members and retain existing members.
- Encourage members to take advantage of other club services and programs.
- Recommend changes for programming and services in line with current market trends
- Be an advocate for the club at ALL times.
- Other duties as assigned

REQUIRED KNOWLEDGE, SKILLS AND ABILITIES

- Must be highly motivated
- Professional and enthusiastic attitude.
- Must be able to manage time effectively.
- Must be able to market personal training, obtain new clients, and display a high renewal rate.
- Proven ability to provide high quality customer service.

REQUIRED EDUCATION, CERTIFICATIONS AND EXPERIENCE

- Four-year college degree in a health and fitness related field is preferred. Will train applicants that demonstrate exceptional knowledge of health/fitness and display a passion for working with people.
- Nationally-recognized personal training certification from NSCA, ACSM, or NASM. Other certifying bodies will be considered. Certification must be obtained within 6 months of hire.
- Must have current CPR, First Aid, and AED certifications (must be obtained within 60 days of hire)

PHYSICAL DEMANDS

- Must be able to physically or verbally demonstrate proper usage of equipment. While performing duties of this job, the employee is regularly required to use hands to finger, handle, or feel; reach with arms and hands; and hear or talk. The employee is occasionally required to stand, walk, climb, balance, stoop, kneel, crouch, or crawl.

This job description is not intended to be all-inclusive. It is understood that the employee will also perform reasonable, related duties if requested by immediate supervisor or other management staff.

Employee Signature/Date

Supervisor Signature/Date