

Title: Personal Trainer

Supervisor: Fitness Supervisor

Date: August 2016

Description

Instruct and advise members on a person-to-person level using up to date techniques and methods to ensure proper use of strength training equipment, free weights and cardiovascular equipment. Provide clients with the highest level of professionalism and dedication through accurate fitness evaluations and effective comprehensive programs designed to help members achieve results and ensure clients are satisfied with workout program while remaining motivated to attain personal fitness goals.

Responsibilities

- Consult comprehensively with new and continuing clients to determine fitness goals
- Conduct proper assessments of new and continuing client capabilities including strength, flexibility, body mass index, and other criteria
- Analyze fitness goals of individual clients to determine feasibility and best method to attain goals
- Design individualized, specific fitness plan for each client based on goals, capabilities, health, potential barriers and safety concerns
- Attract and retain members by consistently providing excellent customer service and participate with fitness and the community center teams toward member retention goals
- Monitor and instruct members on a personal level using up to date techniques and methods to ensure proper use of strength training equipment, free weights and cardiovascular equipment
- Assist with integrating new members into the club, which includes fostering a fitness lifestyle through education
- Conduct individual education programs for new and continuing clients to assess and recommend personal training programs
- Produce and increase personal training revenue
- Extend client base of personal training services
- Lead clients and other staff by example, consistently conveying a positive attitude, passion and pride in work
- Develop a personal rapport with members and clients, motivating to participate in fitness programs, Group Fitness classes
- Educate members on current health and fitness issues and trends
- Maintain clean work environment which includes ensuring restoring the area to a condition of cleanliness i.e. putting away the fitness equipment after each training session, wipe down the area with gym wipes
- Ensure the safe use and maintenance of any fitness equipment
- Other duties as assigned

Qualifications

- BS or BA in Exercise Science, Physiology, or related field preferred
- Must have current national accredited certification (ACE, ACSM, NASM, NSCA, CI-CPT AFAA).
- Strong experience in fitness programming
- Strong knowledge of safety issues related to the use of exercise regimes and equipment
- Ability to promote/sell personal training packages
- Excellent interpersonal skills
- Ability to handle multiple tasks
- Ability to adhere to flexible schedule and work independently
- Current CPR
- Computer skills required include: Microsoft Word, Microsoft PowerPoint and other operating systems or programs used by Excelsior Springs Community Center
- Must be able to successfully pass a background check