

PERSONAL TRAINER/GROUP EXERCISE INSTRUCTOR

Reports To: Group Exercise Coordinator and Head Strength & Conditioning Coach

Job Type: Part-Time

Job Description

We are seeking an enthusiastic, skilled, and inspiring personal trainer to join our growing team. In this role, you will be responsible for creating exercise and fitness plans for a wide-range of clients. You must have a positive attitude, highly motivated personality, and the ability to encourage clients to reach their fitness goals.

Personal Trainer Duties and Responsibilities

- Lead clients through exercise routines
- Evaluate client fitness level and skillset to plan reachable goals
- Monitor client through strength training and weightlifting
- Create a workout plan tailored to client needs
- Chart and track client progress
- Motivate and encourage client through positive words while training
- Ensure equipment use and physical exercises are performed safely
- Adjust client personalized plans as goals are reached
- Lead group classes on proper exercise routines
- Educate clients on weightlifting and training equipment
- Demonstrate and encourage correct warm-up and stretching techniques to avoid injury
- Perform CPR, first aid, or other emergency procedures if needed
- Educate a wide range of clients of all ages based on their fitness capabilities
- Follow all health and safety regulations when working with equipment

Personal Trainer Requirements and Qualifications

- High school degree or equivalent, Bachelor's Degree desired
- First aid and CPR training and certification
- Professional certification required in one or more of the following within 3 months of hire:
 - ACE-American Council on Exercise
 - Group Fitness Instructor
 - Certified Personal Trainer
 - ACSM-American College of Sports Medicine
 - Registered Clinical Exercise Physiologist
 - Clinical Exercise Specialist
 - Certified Personal Trainer
 - Health and Fitness Specialist/Instructor
 - NASM-National Association of Sports Medicine
 - Performance Enhancement Specialist
 - Corrective Exercise Specialist
 - AFAA-Aerobics and Fitness Association of America
 - Certified Personal Trainer
 - Certified Group Instructor
 - CROSSFIT
- Excellent written and verbal communication skills
- Able to work early mornings, nights, weekends, and holidays
- Positive attitude, encouraging, and patient with clients when instructing
- Able to build trusting relationships with clients
- Able to work with clients who may need specialized attention due to previous injuries or health problems

Wage/Benefits

- Dependent on Qualifications
- REC Center Individual Membership Included

We offer an exciting and innovative work environment with an organizational culture committed to serving all members of our community. If you would like to be a member of our dynamic team, please send resume to: info@mpreccenter.com.