

**Position Summary:** Our Personal Trainer is responsible for providing various personal training services that offer members programs to maximize workout efficiency, improve fitness, increase stamina, enjoy their fitness experience, and improve overall sense of well-being. Our Personal Trainer will schedule and complete record keeping according to standard operating procedures. The Personal Trainer will spend most of their work week member facing, delivering either personal training services, onboarding sessions, or complimentary services offered by the facility. Our Personal Trainers will be familiar with all aspects of Level II Fitness and will educate members as needed.

### **Responsibilities:**

- Develops safe, professional, exciting, and comprehensive personal training programs to ensure clients are satisfied with their workout program and remain motivated to attain their personal fitness goals
- Monitors and instructs clients during personal training sessions on the safe and effective use of cardiovascular, flexibility and strength training equipment
- Educates members on current health and fitness issues and trends
- Conducts fitness consultations for new clients including pre-participation screening, Medical History, lifestyle questionnaire, and goal setting to assess and recommend personal training programs
- Refers members to appropriate personal trainer level based on needs
- Fulfills member service requirements such as fitness assessments and equipment operations, service desk duties and fitness equipment cleaning
- Promotes and sells personal training programs and services
- Completes all administrative requirements associated with each client's fitness plan
- Remains current on certifications and new trends in the industry

### **Requirements and Experience**

To perform this job successfully, an individual must be able to perform each essential duty satisfactorily. The requirements listed below are representative of the knowledge, skill, and/or abilities required.

### **Required Skills/Qualifications**

- High School Diploma or GED
- 1 year of personal training experience (preferred)

- Certified personal Trainer (preferred/must obtain an accredited certification within 120 days of hire)
  - Current Red Cross CPR/AED/First Aid Certification OR equivalent-prior to starting (Must obtain within 90 days of hire/promotion to position).
  - Knowledge of fitness, cardiovascular training, nutrition, and program design
- Team Player–able to work with all levels of management and staff to solve issues and implement improvement plans
- Leadership – work at the required management level and demonstrate leadership and engage in strategic planning and provide insight and input on operational issues for the TBK Bank Sports Complex team.
- Integrity – conduct business with integrity and in compliance with all applicable laws, rules and regulations
- Active listening – giving full attention to what is being asked of you, taking time to understand the importance of your job and getting familiar with how your job contributes to the overall success of the company
- Judgment and Decision Making – consider the effect of your actions and engage in conduct that demonstrates appropriate conduct and judgment
  - Critical Thinking – use your experience and knowledge to maintain a high level of productivity; use logic and reasoning to identify strengths and weaknesses of alternative solutions, conclusions or approaches to problems; constantly look for ways to improve the operation.
  - Coordination – adjusts actions in a positive and safe manner in relation to other actions
  - Communication – ability to communicate instruction and ideas in a manner that will be accepted and understood
- Creative thinking and ingenuity to think outside the box to generate solutions or improve designs and processes
  - Inductive Reasoning – the ability to combine pieces of information to form general rules or conclusions (includes finding a relationship among seemingly unrelated events or ideas)
  - Problem Sensitivity – the ability to tell when something is wrong or likely to go wrong; the ability to recognize problems and find reasonable solutions
  - Initiative – self-starter that seeks opportunities to bring new ideas while maintaining day to day duties

**Required Attributes:**

- Must always thrive in a collaborative teamwork environment and maintain a positive attitude.

- Attention to detail, strong organizational and time management skills, and ability to follow through with all tasks
- Excellent customer service skills
- Flexibility to work unusual hours including nights, weekends, and holidays

**Preferred Requirements:**

- Bachelor's degree in Kinesiology, Sports Medicine or other related field

**Physical Requirements:**

- Prolonged periods sitting at a desk and working at a computer
- Prolonged periods of standing
- Must be able to lift up to 50 lbs. with or without assistance

**Work Environment:**

While performing the duties of this job, the employee may occasionally be exposed to moving mechanical parts. The noise level in the work environment is usually quiet to moderate. This position usually works in a fitness center environment. The Personal Trainer may assist the General Manager in non-office settings such as vendor fairs, health expos and more. This position works an average of 30-40 hours a week. Hours may vary.

Job Types: Full-time, Part-time

Pay: \$25.00 - \$46.00 per hour