

Job Description

Job Title: Fitness Professional	Department: Fitness
Reports To: Fitness Manager	Status: Exempt

JOB SUMMARY

The Personal Trainer's purpose is to build a client base that contributes to departmental revenues by maintaining an existing client base, marketing programs and services, and utilizing the highest quality of customer service.

ESSENTIAL DUTIES AND RESPONSIBILITIES

- Maintain a personal commitment to meeting the needs of members and guests.
- Demonstrate correct use of all weight and cardiovascular equipment.
- Conduct client interviews and counsel members on exercise recommendations based on fitness evaluations as well as members' needs and goals.
- Conduct a minimum of 20 personal training sessions per week (average) after 120 days of employment.
- Assist in development and implementation of club programs and events.
- Participate in all staff related meetings and continuing education trainings/seminars.
- Behave as a role model by leading and promoting a healthy lifestyle.
- Maintain a positive attitude at all times when working with members.
- Seek opportunities for personal and professional growth.
- Dress professionally, according to the current 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.
- Other duties as assigned

REQUIRED KNOWLEDGE, SKILLS AND ABILITIES

- Must be able to manage time effectively.
- Must be able to market personal training and obtain clients.

REQUIRED EDUCATION, CERTIFICATIONS AND EXPERIENCE

- Must have a minimum of two years of education in the field of exercise science or a related field and at least two years experience in a similar position; or a Bachelor's degree in exercise science or a combination of education and experience
- Nationally recognized personal training certification from NSCA or ACSM preferred. Other certifying entities will be considered.
- Must have current CPR, First Aid, and AED certifications (must be obtained within 60 days of hire)

PHYSICAL DEMANDS

- Must be able to verbally demonstrate proper usage of equipment.
- Stand for long periods of time
- Must be able to personally lift objects up to 150lbs
- Physically assist members during workouts

Note: Nothing in this job description restricts management's right to assign or reassign duties and responsibilities to this job at any time.

Signature: _____ Date: _____