

Lauri Ann West Community Center

Currently Seeking

Personal Trainers/Health & Wellness Associate

SUMMARY DESCRIPTION

Under the supervision of the Health & Wellness Coordinator, Personal Trainers/Health & Wellness Associates are responsible for conducting equipment orientations to include Preva, clean equipment, and recruiting personal training clients. Personal Trainers are responsible for assisting members in accomplishing their personal training goals through safe equipment usage and proper exercise form. They promote and field questions regarding existing Lauri Ann West Community Center programs, monitor equipment for repair needs, and maintain a clean and safe environment for members. These functions are in accordance with the policies and procedures of the Lauri Ann West Community Center.

ESSENTIAL FUNCTIONS & JOB SPECIFICATIONS

- Conduct equipment orientations to include Preva
- Recruit personal training clients
- Assist members in accomplishing their personal training goals through safe equipment usage and proper exercise form.
- Follow the member engagement process and retention of personal training
- Are required to set realistic goals at the beginning of the personal training package
- As a Health & Wellness Associate maintain a clean and safe work environment

Physical Requirements and Work Environment

- This position requires frequent walking, sitting, bending, stooping, periodically standing for long periods, using hand or fingers to manipulate touch or handle, and climb stairs.
- Frequently will need to lift or push exercise equipment and lift weight plates.
- The work environment noise level is typical of a moderately noisy standard business office with equipment running, outdoors in normal urban setting.
- Vision abilities required by this job include near and far vision, depth perception and to differentiate colors.

EDUCATION/EXPERIENCE REQUIREMENTS

- Must model a healthy lifestyle.
- Must maintain current CPR, First Aid, and AED.
- An undergraduate degree, preferably in Recreation, Physical Education, Exercise Physiology, Exercise Science, Sports Management, Kinesiology, Health or related field.
- Must have a Nationally recognized fitness or personal training certification such as:
 - Academy of Applied Personal Training Education
 - Aerobic and Fitness Association of America
 - American College of Sports Medicine
 - American Council on Exercise
 - Cooper Institute Academy
 - International Fitness Professional Association
 - National Academy of Sports Medicine
 - National Council for Certified Personal Trainers
 - National Exercise Trainers Association

- National Exercise and Sports Trainers Association
- National Federation of Professional Trainers
- National Strength and Conditioning Association
- Training and Wellness Certification Commission

COMPENSATION: \$10.00/hr Health & Wellness Associate & \$18.00-\$20.00/hr Personal Training

WORK HOURS: Flexible schedule required to meet operational needs