



# LAURI ANN WEST COMMUNITY CENTER

## JOB DESCRIPTION

### POSITION TITLE:

Personal Trainer/Group Ex Instructor

### SUMMARY DESCRIPTION:

Under the supervision of the Health & Wellness Coordinator, the 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 Lauri Ann West Community Center programs, monitor equipment for repair needs, and maintain a clean and safe environment for members. On occasion Personal Trainers may be asked to teach group exercise classes.

### ESSENTIAL FUNCTIONS:

- Positively engage all members, guests, and staff
- Proactively anticipate member and guest needs
- Learn names and personally recognize regular members of the facility
- 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 members engagement process and retention of personal training
- Set realistic goals with members at the purchase of a personal training package
- Maintain a clean and safe work environment
- All other tasks assigned by supervisor including but not limited to cleaning and sanitizing of fitness center, cleaning and sanitizing of other areas of facility, and covering membership desk duties

### QUALIFICATIONS/EDUCATION/EXPERIENCE REQUIREMENTS:

- Strong verbal communication skills
- Must model a healthy lifestyle
- Must maintain current CPR, First Aid, and AED training
- Ability to work effectively with all members of the community as well as coworkers
- Ability to work various shifts
- Proficient in Google Suite
- An undergraduate degree is required (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
  - American College of Sports Medicine
  - Cooper Institute Academy
  - National Academy of Sports Medicine
  - National Exercise Trainers Association
  - National Federation of Professional Trainers
  - Training and Wellness Certification Commission
  - Aerobic and Fitness Association of America
  - American Council on Exercise
  - International Fitness Professional Association
  - National Council for Certified Personal Trainers
  - National Exercise and Sports Trainers Association
  - National Strength and Conditioning Association

**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.
- The work environment noise level is typical of a moderately noisy standard business with equipment running and members entering and exiting.
- Vision abilities required by this job include near and far vision, depth perception, and to differentiate colors.
- Frequently will need to lift or push exercise equipment and life weight plates.

**JOB TYPE:**

Part Time - Hours vary depending on operational needs

**SALARY:**

\$18-\$20/hour - Personal Trainer

\$20-\$30/hour – Group Exercise

*The Lauri Ann West Community Center is an equal opportunity employer committed to hiring a diverse workforce and sustaining an inclusive culture. The Lauri Ann West Community Center does not discriminate on the basis of disability, veteran status or any other basis protected under federal, state or local laws.*