



## Job Description

Job title	<i>Personal Trainer</i>
Reports to	<i>Fitness Manager</i>

### Job purpose

Selling personal training and providing service to members. You are an employee of the Corpus Christi Athletic Club. The members you train are clients of the club. Personal training is a service you provide to members. All new employees will be hired as a level 1 trainer for a period of no less than 30 days unless otherwise approved by management. Every employee will be evaluated after 90 days of hire to determine their future status.

### Duties and responsibilities

Develops safe, professional, and comprehensive client programs that drive client goal achievement and retention.

Monitors and instructs clients during personal training sessions on the safe and effective use of cardiovascular, flexibility and strength training equipment.

Reads, watches, and engages in all required training's associated with the role.

Conducts fitness consultations for new clients including pre-participation screening, Medical History, Lifestyle questionnaire, and goal setting to assess and recommend personal training programs.

Provides fitness floor assistance to all members to ensure safety, provide education, and motivate members.

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

Ensures all members feel competent, confident, and connected by providing superior customer service through complimentary and based services/programming.

Documents all aspects of client programming.

Remains current on credentials and continuing education to advance throughout the levels program.

Perform floor duties as scheduled and assigned as outlined in the fitness handbook.

### Qualifications

To perform this job successfully, an individual must be able to perform all responsibilities in an overall satisfactory manner. The requirements listed below are representative of the knowledge, skill and/or ability required. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

- **EDUCATION**

Bachelor's degree (B.A) from an accredited four-year college or university in a related field including Exercise Physiology, Kinesiology, Fitness Management, or a Nationally recognized Personal Training Certification from approved certifying agencies (see approved certifications). Current Adult CPR and First Aid certifications are also required.

The following skills and abilities are required of this position:

- The ability to read, analyze and interpret common reports and documents.
- The ability to effectively communicate verbally and in writing with people of diverse backgrounds.
- The ability to effectively present information to staff.
- The ability to operate a computer and calculator.
- The ability to apply concepts such as fractions, and percentages to practical situations.

- The ability to define problems, collect data, establish facts, and draw valid conclusions.
- The ability to change the plates in free weight area, re-rack weights, adjust seat settings for members, and other physical activities needed to perform the task of personal training.