

Job Description

Fitness Trainer

Reports To:

The Fitness Trainer will report to

Job Overview:

We are looking for a Fitness Trainer who will run and supervise various fitness and health programs. You will assess the physical and health conditions of clients, create appropriate exercise plans, and monitor their improvement. You will also explain applicable safety rules and regulations (e.g. use of equipment). Ultimately, you will help our clients have fun and improve their health through exercise.

Responsibilities and Duties:

- Identify the clients' fitness level and health
- Oversee completion of exercise routines
- Track clients' physical progress
- Modify exercise plans based on needs, potential injuries or health issues
- Conduct individual and group fitness training sessions
- Adopt a holistic training approach (e.g. cardiovascular exercise, strength)
- Oversee the use of fitness equipment to ensure clients exercise properly and safely
- Handle nutrition and health-related questions
- Refer to and promote fitness packages and plans
- Carry out First Aid and CPR if needed
- Follow safety and hygiene guidelines

Educational Qualifications and Experience

- High School Diploma; degree in Kinesiology or Sports Science is a plus
- Previous work experience as a Fitness Trainer or similar role
- Knowledge of diverse exercises and how to adjust plans according to each client's needs

Skills and Personal Traits:

- Proven experience of CPR and First Aid
- Ability to instruct and motivate people
- Excellent communication skills
- Available to work on early or late shifts and on weekends