



Job Description  
Minimum Wage: \$25.00/hr.

### Personal Trainer (Part-time)

**DEFINITION:** Under direction from the Fitness Supervisor, and the Recreation Services Supervisor - Rec. Center Operations, the Personal Trainer will be responsible for performing safe and educational personal training with an emphasis on customer service. May perform other duties as assigned.

**CLASSIFICATION:** This is a part-time, hourly position with no benefits.

**ESSENTIAL FUNCTIONS:** Essential functions, as defined under the Americans with Disabilities Act, may include the following tasks, knowledge, skills and other characteristics. This list is ILLUSTRATIVE ONLY, and is not a comprehensive listing of all functions and tasks performed by incumbents of this classification.

**TASKS:**

- Be able to instruct clients one-on-one through individualized fitness programs. These programs should be tailored based on the results that the clients wish to achieve
- Trainers MUST have current CPR/AED certification; must also have a current nationally recognized personal training certification (ex. ACSM, ACE, ACSM, NSCA, AFAA)
- Attend all required meetings/trainings for CRC staff and Personal Training Staff
- Learn required skills to perform fitness assessments and orientations
- Acquire knowledge to develop safe and effective personalized fitness programs for clients, including cardiovascular, strength training, and flexibility components, based on their goals and motivations
- Enhance knowledge through continuing education, etc. to build skills
- Maintain accurate paperwork for clients and sessions
- Enforcement of recreation center rules and regulations
- Communicate any equipment problems, member concerns, or suggestions to the Fitness Supervisor or Recreation Services Supervisor.

**PHYSICAL REQUIREMENTS:** This position is physically demanding. It is required that Personal Trainer be able to safely demonstrate use of all workout equipment and any other instructions to clients.

**HOURS::** Must be able to work split shifts, weekdays, weekends and/or evenings as assigned.

**EXPERIENCE AND TRAINING:** One year of personal training experience and have nationally recognized personal training certificate.

Employee's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Prepared by:           R. Bigelow           7-1-13

Reviewed by:           I. Dobler           7-8-13