

Personal Trainer/Group Fitness Instructor (Incline Village)

Compensation: DOE

Employment type: part-time

Status: 15-20 hours/week. Some weekend availability preferred.

Experience: 2 + years

Education Level: High School Diploma & Industry Recognized Certification (NASM Preferred)

Base Pay: To be discussed at interview

Job Description

High Altitude Fitness is seeking a certified personal trainer and group fitness instructor. Job responsibilities would include, but are not be limited to; building a client base through conducting fitness assessments, demonstrating the value of personal training, exhibiting safe and proper exercise techniques, preparing and delivering comprehensive fitness programs based on client goals, motivating and inspiring clients to get results through goal setting, frequent follow-up, and re-assessments in which applicants must be able to demonstrate progress. Instructing members regarding effective workout methods and explaining proper techniques, demonstrate exercises and identify different muscle groups, as well as, teach appropriate methods to strengthen specific muscles. This position requires an understanding of human anatomy, kinesiology and training principles, along with a knowledge of teaching strategies and the incorporation of music and cueing techniques. Other tasks include assisting gym patrons, answering questions, and maintaining a positive exercise experience for members and class participants.

Job Qualifications

- Desire to transform lives through educating members on health and wellness topics
- Understand principles of physical fitness and proper exercise technique
- Possess excellent customer service skills
- Possess or be willing to learn sales skills
- Ability to self-promote and network
- Ability to communicate clearly and concisely, both verbally and in writing
- Adjust and operate fitness equipment
- Personal training experience
- Maintain a consistent energy throughout work days and weeks

Certifications/Education Level

- Must possess a current Personal Trainer Certification, preferably NASM (ACE, AFAA, ACSM are acceptable. Approved Personal Training Certification required.
- Additional fitness certifications highly recommended.
- High School Diploma or GED required.
- Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) certification required.
- Personal Trainers must also teach group fitness classes

ONLY RESUMES ACCOMPANIED BY A COVER LETTER WITH AVAILABILTY WILL BE CONSIDERED. Availability must include specific details- days and available hours.