



Contractual Position Description: Personal Trainer (Richard A. Henson Wellness Center)

Essential Functions:

- Conduct (30 minute) personal training sessions as needed.
- Lead group fitness classes as needed.
- Develop, document, and implement one-on-one, partner, or group workout programs that match the needs and goals of clients.
- Educate clients and enforce policies regarding safe and proper use of equipment.
- Orient new clients and conduct assessments set by the facility to properly establish client needs and goals
- Monitor each clients' progress and re-assess goals as necessary.
- Provide customer service by assisting patrons and clients via spotting, answering questions on exercise and techniques as well as demonstrations on fitness equipment.
- Provide (at maximum) 1-2 hours of administrative work per week (scheduling using EZ Facility software, collecting payments for clients personal training sessions and monthly memberships, and applying those payments on EZ Facility).
- Maintain an active CPR, First Aid certification, and Personal Trainer Certifications.

Qualifications:

- High school diploma or equivalent required.
- Valid and current personal trainer certification*
- Valid and current First Aid Certification and CPR Certification
- Excellent verbal communication skills.
- Excellent interpersonal and customer service skills.
- Proficient with Microsoft Office Suite or related software.

*If no current personal training certification is held, the MAC Center will pay for a certification course upon the agreement that the personal trainer will fill the position for at least 1 year.

Physical Requirements:

- Intermittent periods of sitting at a desk and working on a computer.
- Must be able to be physically active for a majority of the day, will be on your feet working with clients, and constantly moving around exercise equipment of various weights.
- Must be able to lift 50 pounds at times.

Other Requirements:

- Criminal background check required prior to employment
- Reliable transportation

If interested, send resume to Stacy Leone at sleone@macinc.org