



TJF Job Description

Position: Personal Trainer

Reports To: Personal Trainer Director/owner

DESCRIPTION

Are you interested in joining our team as a Personal Trainer? Your job as a personal trainer means you will actively be working to enlist new customers as well as working with current clients. We are looking for someone that is driven and that enjoys a high work pace and that is passionate about delivering customer service and satisfaction by helping them reach their goals. We expect you to have the ability to build effective health solutions for your clients and motivate them with a good tools and techniques. It would preferable if you have undergone a Personal Trainer training and obtained a license or certificate.

RESPONSIBILITIES

1. Desire to help clients reach their health and fitness goals through appropriate cardiovascular, flexibility and resistance exercise
2. Motivate others to improve their overall fitness and health
3. Dedication to maintaining personal integrity and your own health and fitness
4. Bring in clients to further the customer base
5. Stay up to date on current fitness trends

REQUIREMENTS

1. In-depth knowledge of the human anatomy
2. Knowledge of exercise practices, nutrition and sports science
3. Ability to design individual and group exercise programs tailored to the needs and attainable goals of prospective clients
4. Competence to conduct and understand the need and importance of screening and client assessment

Effect on End Result: This position ensures that **Triple Jump Fitness** provides safe, positive and educational exercises in the training department to fully support the TJF mission.

I understand and accept that the above description represents my agreement to the job to be performed.

Signature _____ Date _____ Revised November 15, 2016