



Personal Trainer

Rate of pay: \$\$8.50 - \$15.00

Job Description:

To provide one-on-one fitness instruction to people desiring a program tailored to their specific needs.

Job Responsibilities:

- Must contact clients within 24 hours to schedule initial consultation/ fitness assessment.
- Work with the client to establish realistic yet challenging goals.
- Determine format and content of exercise/activity program based on individual client needs.
- Plan and implement individualized exercise/activity programs for clients in general fitness, and/or specialized areas such as aerobics, stretching/flexibility training, circuit training, or sports performance.
- Independently demonstrate and instruct clients on proper technique in standard and specialized exercise areas.
- Perform follow-up assessments upon request to track client progress.
- Maintain complete and accurate client files.
- Ensure client adherence to safety and injury prevention techniques.
- Arrive on time for all sessions; at least 15 minutes prior to training sessions.
- Present a neat, well-groomed, professional appearance.
- Execute emergency procedures when necessary.
- Report any incident of injury, theft, or broken equipment to the Facility Manager on duty.
- Attend scheduled staff meetings and trainings.
- Communicate effectively with the Assistant Director, Coordinator of Fitness Programs, Fitness Program Assistant, and fellow peers

Minimum Qualifications:

- FGCU enrolled student
- Positive attitude and desire to assist customers
- Ability to self motivate with little or no supervision
- Effective verbal and written communication skills
- Capability to withstand possible continuous standing

Certification Requirement

- CPR/AED for the Professional Rescuer and Standard First Aid (American Red Cross –preferred). Certification must be obtained within 30 days of hire.
- Possess a current personal training certification from a nationally recognized certifying body (AFAA, ACE, ACSM, NASM, or NSCA/CSCS preferred).*