Intramural-Recreational Sports

Job Description: Personal Trainer

Team Members Responsibility:

- Take Pride in being a Student Employee in the IM-Rec Sports Department.
- Establish a positive rapport and relationship with Student and Departmental Staff, Members and Guest of the Facility.
- Promote Exceptional Customer Service to create a positive environment for members and guests.
- Take Initiative, be proactive, and be confident in decision making.
- Be proactive and prepared to respond to all emergency situations and follow procedure/protocol for pre and post Incident/Accident.
- Maintain a Standard of Excellence in professionalism and cleanliness.
- Serve as a key link between Members and Full-Time Staff by the enforcement of policies and procedures

Area Specific Responsibilities:

- Work one-on-one with personal training clients in accordance with national guidelines
- Perform fitness assessments in accordance with national guidelines
- Lead and/or instruct fitness workshops and seminars
- Communicate effectively with clients and staff
- Responsible for confidentiality pertaining to all clients and training sessions

Requirements/Qualifications:

- Experience writing exercise programs and leading one-on-one training sessions
- Excellent written and verbal communication
- Hold a national certification in personal training
- Knowledgeable on appropriate exercises for all populations
- Proficient with Microsoft Office
- Willingness to learn and adapt as new tasks and opportunities arise
- Promote GREAT customer service in a RESPECTFUL environment

Expressed Benefits:

- Begins at $12.00/hr
- Flexible scheduling