



Job Title: **Personal Trainer**
Category: Variable Hour Part-time
Shift: Varies Including Nights and Weekends
FLSA Status: Non-Exempt
Pay Range: \$20.00 - \$30.00 Hourly

Created or Revised Date: 10/13/2021

SUMMARY:

Under general supervision of the Fitness and Wellness Coordinator, the Personal Trainer is responsible for evaluating and training clients of various ages and abilities on a wide arrange of fitness, exercise and wellness practices in order to help them achieve their fitness and health goals. The PT is also responsible for providing information relevant to proper use of weight and cardio equipment, and also works to inspect, clean, and maintain safe facilities and equipment in applicable areas of the Carbon Valley Recreation Center.

ESSENTIAL FUNCTIONS OF THE JOB:

- Train clients per the policies and procedures of the District under the supervision of the Fitness and Wellness Coordinator.
- Maintain interest and participation in Recreation District fitness and wellness programs by conducting professional, energized and innovative PT sessions.
- Maintains contact with Recreation District participants in the weight room and other applicable areas by having a friendly, reassuring presence that builds trust and safety with participants.
- Encourage member recruitment and participation by educating our prospective and current members about PT sessions, classes, proper equipment usage, upcoming events, etc.
- Must be willing to continue education in the fitness and wellness industry by completing applicable trainings, workshops and seminars.
- Must maintain current Personal Training Certification by obtaining CEC's/CEU's.
- Works closely with the Fitness and Wellness Coordinator to introduce new and exciting Fitness and Wellness options to our participants.
- Ensure all possible safety measures are observed at all times.
- Provides excellent customer service, including interacting with participants and/or parents to answer questions and resolve problems. Must be able to maintain a calm composure when working with angry or upset customers.
- Assist with special projects and special events on behalf of the District as needed and assigned.
- Perform related work as required and assigned.
- Responds to emergency situations as required and maintains accurate accident and incident reports.
- Keeps proper documentation on all clients for a minimum of one year.
- Maintains accurate information on PT timesheets and tracks all client trainings.
- Must be able to communicate clearly and effectively in both oral and written form.

Required Qualifications:

- Must be 18 years of age or older.
- American Red Cross CPR/First Aid/AED for the Professional Rescuer Certification or equivalent certification
- Personal Training certification through ACE, NETA, AFAA, NASM, ISSA or similar certification through a nationally accredited organization.
- Minimum of one year in-person personal training experience

Preferred Qualifications:

- Group Fitness/Exercise Certification through a nationally accredited organization.
- Certifications/experience in SilverSneakers®, Yoga, Pilates, Zumba, Les Mills, Beach Body
- Certified/Licensed Dietitian or Nutritionist

Core Competencies:

To perform the job successfully, an individual should demonstrate the following Districtwide competencies: Problem solving, customer service, oral communication, managing people, initiative, professionalism, punctuality, safety, teamwork, planning/organizing, and interpersonal skills.

PHYSICAL DEMANDS, JOB LOCATION AND EQUIPMENT UTILIZED:

- The noise level in the environment is moderate to loud
- May require indoor and outdoor activities and exposure to the elements
- Occasional travel by automobile is required to attend professional meetings and workshops or to reach a recreation activity site located away from the Recreation Center or The Studio.
- While performing the duties of this job, the employee is frequently required to stand, walk, sit, talk or hear, use hands to hold, handle, or feel objects, tools, or controls, stoop, kneel, crouch, or crawl, and reach with hands and arms.
- This position requires a high level of physical ability including standing for long periods, bending, reaching, lifting, jumping, walking, stretching, etc. Works with various fitness equipment such as weights, spin bikes, fitness balls, mats, etc.
- Specific vision abilities required by this job include close vision, distance vision and peripheral vision.

Reasonable Accommodation:

Carbon Valley Parks & Recreation District will reasonably accommodate qualified individuals with a disability so that they can perform the essential functions of a job unless doing so causes a direct threat to these individuals or others in the workplace and the threat cannot be eliminated by reasonable accommodation or if the accommodation creates an undue hardship to the District.

Job Description Function and Intent:

The job functions and duties on the job description are not all-inclusive and additional functions and requirements may be assigned as necessary. Job descriptions are not intended as and do not create employment contracts. The company maintains its at-will employer status.

Note: Applicants must, as a condition of employment, pass the following pre-offer and post-offer/hire processes: Interview, reference checks, background checks that may include, local police check and, driving check through DMV.