

Personal Trainer

Description

Under the direction of the Outreach and Wellness Coordinator, Outreach and Wellness Manager, or other assigned staff, the Personal Trainer provides class participants with a well-designed, physically safe program to serve the needs of the citizens of Urbana.

As a Personal Trainer, you will provide cutting-edge fitness instruction through a variety of entertaining and educational methods to promote fitness and positive self-esteem in a safe environment for individual participants. Sessions will be 45 minutes long. 15 minutes of set up and clean up time is included. If additional planning time is needed, work alongside the Outreach and Wellness Coordinator to build this schedule. Act as a fitness resource for participants. Maintain positive relationships with members to encourage continued scheduled training.

Responsibilities/Essential Functions

- Communicate with new participants about their fitness goals, utilizing the intake form used with registration.
- Design a program to highlight participant goals for 45 minutes each session.
- Working at the skill and learning level of a particular participant, demonstrates skills and explains them clearly to participants, remembering safety at all times (including equipment usage, exercise modifications, or contraindicated movements)
- Provide personal training instruction that appeals to members of all ages and activity levels, working with individual participants to enable them to correct faults, improve self image, provide all necessary modifications, and progress their skills or abilities
- Achieve season-long attendance goals by developing strong relationships with current class participants and striving to attract new participants.
- Offer challenging and educational personal training routines to help members reach their health and fitness goals
- Prepare teaching area with necessary equipment and returns all teaching equipment to proper storage at the conclusion of each class.
- Performs basic administration; scheduling sessions, including keeping accurate attendance, incident reports (as needed), accurately and efficiently submitting timesheets, and equipment requests

Location

Health and Wellness Center Group Fitness Room, Urbana, IL

Qualifications/Required Skills

- Currently possess a minimum of one nationally recognized Personal Trainer Certification (Required)
- At least one-year experience as a fitness instructor or personal trainer (Preferred)
- CPR/AED certification (or ability to obtain within 6 months of start date)
- High school diploma or GED
- Possess good speaking ability, and display an outgoing personality, enabling positive relationships with participants
- Ability to lead dynamic exercise, respond to safety and emergency situations, motivate and educate participants, and set up, move and store fitness equipment

Physical Effort and Work Environment

- Ability to move quickly
- Carry objects up to 50 pounds
- Stand/Walk for long periods of time
- Exerting sustained physical effort including- bending, reaching, squatting, crouching/kneeling, jumping, running, pushing/pulling/lifting/carrying objects and/or moving for the duration of the class or classes.

Schedule

Dependent upon current personal training need, class schedule, and your own availability. Personal training can run any day of the week as long as a group fitness class is not taking place. View the current group fitness schedule on our website.

Additional hours are available for opportunities such as leading fitness orientations and subbing for group fitness classes. These are not required hour additions and come with a different pay rate than most personal training opportunities.

Starting Pay

\$25.00/hour

Applicants must pass a background check prior to employment.