

Certified Personal Trainer Job Description

PROGRAM SUMMARY

We are an orthopedic wellness center integrating physical therapy, athletic training, and personal training to meet clients and patients where they are and take them to where they want to be.

Our state-of-the-art facility has two functional gym areas and beautiful new treatment rooms where our highly skilled health professionals provide a personable and curated experience.

Dr. Kim Caspare and Athletic Trainer Larry Discenza bring their backgrounds in Physical Therapy, Athletic Training, and Personal Training to collectively provide a dialed-in approach to support their clients and patients' path to an active and sustainable lifestyle.

POSITION SUMMARY

15 to 40 hours per week (part-time and full-time opportunities available)

Our Personal Trainers help our private clients develop a healthier lifestyle by guiding them through physical activities during one-on-one sessions. They are responsible for creating a safe and effective workout plan, teaching clients how to perform exercises safely, and educating clients on how to maintain a healthy lifestyle through both diet and exercise.

ROLE AND RESPONSIBILITIES

Personal Trainers should be able to help their clients get in shape, recover from injuries, or improve their quality of life through physical activity. Some of the expected duties and responsibilities include:

- Creating individualized exercise plans that are optimal for each client's specific needs and goals
- Coach clients on how to exercise safely and effectively
- Help clients target problem areas or recover from injuries
- Provide clients with a general understanding of healthy eating and lifestyle habits
- Preparedness to provide emergency assistance, if necessary
- Keep records to track client progress
- Supervise clients as they train to ensure they are maximizing their workout
- Submit completed timesheets and any required documents to the Phit Well leadership staff
- Participate in professional development training and staff meetings

QUALIFICATIONS

In addition to maintaining optimal personal fitness, a Personal Trainer should have the skills to work closely with individuals seeking to improve their overall health and lifestyle. Key prerequisite skills and qualifications include:

- Excellent communication skills and proficiency in Academic English
- An understanding of fitness safety and injury prevention practices
- Demonstrated knowledge of exercise science, anatomy, and physiology
- Ability to administer first aid and CPR
- Excellent customer service skills
- Strong teaching skills
- Self-motivation skills
- A passion for wellness and healthy lifestyle practices
- A supportive and nurturing character
- A flexible attitude and a welcoming smile
- A warm and friendly personality that commands a room
- A strong desire to collaborate and share ideas with a team
- Bachelor's degree preferred. Must have a High School Diploma
- Ideally, three years of experience working as a personal trainer
- The ability to work with adult clients between the ages of 11 and 90 years old
- Legally able to work in the US

Job Types: Part-time, Contract, Full-Time

Salary: \$40 - \$60 per hour based on experience and education credentials.

Expected hours: 15 – 40 per week (part-time and full-time opportunities available)

Benefits:

- Employee discount
- Health Insurance (for full-time employment only)
- Professional development

Schedule availability necessary: Monday to Friday, 6 am to 8 pm, and Weekends as needed.

Ability to Relocate: New York, NY 10021: Relocate before starting work (Required)

Work Location: In person

If you are interested in the position, please send a cover letter and resume to carmen.inspiredtraining@gmail.com or larry@phitwell.com

To learn more about what we do, please visit <https://phitwell.com/>