

### **As a Personal Trainer you must:**

- Be responsible for developing and implementing a specialized exercise regimen for a client.
- Ensure the fitness program meets the needs of the client and may include elements such as physical fitness, nutrition, cardiovascular training, and weight training.
- Offer guidance and support to clients in order to achieve their goals.
- Be confident in your professionalism with a positive attitude and a passion to motivate others.
- Possess a working knowledge of agency programs and services.
- Represent the agency and provide the highest quality of customer service to the individuals and groups with whom you come into contact.
- Treat fellow staff with respect.
- Adhere to all policies and practices provided in the employee handbook.
- Engage members in conversation; address them by first name; introduce yourself.
- Proactively assist members with fitness equipment; train members in correct use of fitness equipment; correct members on use of fitness equipment as necessary.
- Follow JCC customer service principles: Smile, greet every member by first name, converse
- Assume responsibility for the Fitness Center when the Fitness or Group Fitness Directors are not available.
- Complete other duties as assigned.
  - ❖ All Personal Trainers are commission only

### **Qualified candidates must possess all of the following:**

- A high school diploma and one year of experience
- Current nationally accredited personal training certification (e.g. AFFA, ACE, ACSM, NATA, NASM, AAI/ISMA)
- Certified in CPR/First Aid
- Completion of various background checks and clearances, including fingerprinting