

## **Personal Trainer/Group Instructor**

### **Job Description:**

The personal trainer/group instructor will develop personalized exercise programs for individuals and will also teach group exercise classes to the Fitness and Aquatic Center Community.

### **Duties and Responsibilities:**

- Develop safe and effective exercise programs for individuals of various fitness levels.
- Lead structured exercise classes(i.e. cardio and strength classes)
- Conduct and assess health and fitness screenings
- Offer useful, tactful, and safe advice to individuals regarding their exercise program and/or use of equipment
- Provide safe and effective instruction of all cardiovascular and weight training equipment
- Conduct equipment orientations
- Welcome, greet, and provide assistance to facility users
- Inform facility users of various Fitness and Aquatic Center classes/programs
- Enforce all facility and program policies

### **Knowledge/Skills Required:**

- Experience in developing comprehensive exercise prescriptions
- Thorough understanding of strength training and cardiovascular exercise
- Knowledge of anatomy and physiology
- Ability to modify exercise programs for special populations
- Good communication skills
- Desire certification for a national organization
- Strongly recommend CPR/First Aid AED Certification