



Personal Trainer

Athletic Trainer

Job Description

BigWu Fitness trainers should love working with people, have a great attitude and be able to train his or her clients efficiently. We believe that a passionate and active role in the fitness industry is reflected by a desire to educate and encourage clients in their quest for a healthy lifestyle.

ROLE SUMMARY

Personal trainers play a vital role in the overall success of BigWu Fitness. As a personal trainer, you will assist clients in their fitness goals, maintain accurate records of client workouts, maintain client safety during workouts and foster a positive environment.

In addition, athletic trainers will evaluate, plan, instruct, and monitor athletic training programs to help athletes prevent injuries, restore function, and reach maximum level of performance.

RESPONSIBILITIES

- Lead group athletic training & one on-one-personal training
- Evaluate client fitness levels and skillsets to plan reachable goals
- Develop workout plans tailored to client needs
- Effectively maintain admin records such as client progress, workouts and packages/sessions

- Conduct fitness assessments & personal training sales to new/returning clients
- Motivate and encourage clients through positive words while training
- Ensure equipment use and physical exercises are performed safely
- Adjust client personalized plans as goals are reached
- Perform CPR, first aid, or other emergency procedures if needed
- Follow all health and safety regulations when working with equipment

QUALIFICATIONS

- NASM or appropriate approved personal training certification
- Have at least 2 years experience in coaching, personal training, athletic training, etc
- CPR (and AED) Certified, Current
- Personal training sales experience a plus
- Outstanding customer service skills
- Positive attitude, encouraging, and patient with clients when instructing
- Able to build trusting relationships with clients
- Proven ability to collaborate, communicate effectively and work independently
- Exceptional interpersonal communication skills
- Flexible and teachable
- Punctual (be prepared for all training sessions)

SCHEDULE:

Monday through Saturday (Flexible days)

HOURS:

Flexible times (depending on when you have clients)

LOCATION:

BigWu Fitness

COMPENSATION:

\$20.00 - \$25.00 DOE

TO APPLY:

Email your resume to annie@bigwufitness.com