

Job Title: Personal Trainer
Department: Fitness
Reports To: Fitness Manager

FLSA Status: Non-Exempt
Prepared Date: May 2022

All employees are expected to represent the J's Vision, Mission, and Values while conducting their job duties:

Vision: The Stroum Jewish Community Center will inspire connections that build community and ensure Jewish continuity. Mission: Together we celebrate outstanding programs, partnerships, and spaces that welcome everyone to learn, grow, and celebrate Jewish life and culture. Values: K'lal Yisrael (Jewish Peoplehood), Hachnasat Orchim (Welcoming Everyone), Limud (Learning), Simcha (Joy), Derech Eretz (Respect and Common Courtesy), Shmirat haNefesh v'haGuf (Taking Care of Oneself, Body and Soul), Kehillah shel Chaverim (A Community of Friends).

Position Summary:

The Personal Trainer is responsible for providing guidance and motivation to clients during personal training sessions, as well as other guests at the SJCC Fitness Center. The Personal Trainer teaches safe and effective exercise technique and proper use of equipment, while helping to maintain a positive and safe fitness center environment.

Essential Duties and Responsibilities:

- Conduct new and current member orientations and follow-up personal training sessions.
- Provide guidance and motivation to clients and other Fitness Center guests.
- Conduct health risk appraisals and fitness assessments; develop, promote, and conduct programs in the Fitness Center.
- Ensure safe and proper use of equipment by answering member questions and correcting use of machines/equipment as needed.
- Promote personal training sessions and recruit clients.
- Perform work on weekends and evenings as needed to meet scheduling needs.
- Other duties as assigned.

Qualifications:

To perform this job successfully, an individual must be able to perform each essential duty satisfactorily. The requirements listed below are representative of the knowledge, skill, and/or ability required.

Experience:

- Minimum 1-year personal training experience.

Training and Certifications:

The following certificates/licenses are required and must be maintained:

- Personal Trainer certification by a nationally accredited organization, such as National Academy of Sports Medicine (NASM), American College of Sports Medicine (ACSM), National Strength and Conditioning Association Certified Personal Trainer (NSCA-CPT), or American Federation Aerobics Association (AFFA).
- Current CPR/First Aid Certification (or able to obtain prior to employment)

Knowledge, Skills, and Abilities:

- Knowledge of fitness and personal training.
- Strong interpersonal and collaboration skills; ability to work in a respectful and professional manner with people of all backgrounds.
- Strong customer service skills
- Strong verbal and written communication skills.
- Ability to teach and motivate others.
- Ability to work effectively both independently and as part of a team.
- Ability to prioritize work load effectively and exercise independent judgment and discretion.
- Ability to remain adaptable as priorities and other circumstances change.

Additional Employment Requirements:

- Satisfactorily pass a criminal background check.
- Up-to-date with COVID-19 vaccinations, as defined by King County Public Health (employees may make requests for a reasonable accommodation in accordance with applicable laws)

Physical Demands and Work Environment:

The information described below represents the physical activities and surroundings one may encounter when performing the duties of this position. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

Physical Demands: To perform the job, the employee is frequently required to talk, hear, stand, stoop, climb, balance, kneel, bend, crouch, crawl, and reach with hands and arms. The incumbent may be required to lift up to 25 pounds occasionally and push/pull up to 50 pounds occasionally.

Environmental Conditions: The work is typically Fitness Center environment with a moderate noise level. Working condition may occasionally include work near moving parts (exercise equipment); wet, humid conditions (non-weather); and work in crowded areas. Occasional travel to the pool facility may be required where environmental conditions may include slippery surfaces.

SJCC is an Equal Opportunity Employer

At the SJCC, our mission is to create community spaces for all and to fulfill our obligation of **Tikkun Olam** – making the world a better place. We know that we cannot do this without providing inclusive opportunities for all and celebrating our differences. *As an equal opportunity employer, all qualified applicants will receive consideration for employment without regard to sex, gender identity, sexual orientation, race, color, religion, national origin, disability, Veteran status, age, or any other characteristic protected by applicable law.*