



CLASS COACH / TEAM PERSONAL TRAINER JOB DESCRIPTION

POSITION DESCRIPTION

A Cardio Express Class Coach / Team Personal Trainer is responsible for creating a fun and educational fitness experience through the implementation of small group training classes and our paid team training program.

RESPONSIBILITIES

- Conduct effective, high-energy, and enjoyable small group training classes and paid team training sessions.
- Identify member goals and objectives.
- Develop safe, professional, exciting, and comprehensive team training programs to ensure members are satisfied with their workout program and remain motivated to attain their personal fitness goals.
- Maintain positive relationships with members to encourage continued class and program attendance.
- Monitor and instruct clients during classes and team training sessions on the safe and effective use of strength training equipment, cardiovascular, and flexibility.
- Complete all administrative requirements associated with each client's fitness plan.
- Adhere to Cardio Express policies and procedure, and all operational standards related to providing a safe and welcoming environment for members.
- Attend staff training and meetings as required.
- Remain current on certifications and new trends in the industry.

JOB REQUIREMENTS

- Current nationally recognized personal training certification required.
- Degree in Exercise Science, Exercise Physiology, or in Physical Education preferred.
- High school diploma or equivalent required.
- Prior personal training or fitness class implementation strongly preferred.
- Comprehensive understanding of current health and fitness standards and principles.
- CPR/AED and First Aid certification required – must obtain within 30 days of hire.
- Must have a passion for fitness with a commitment to personal fitness goals.
- Excellent customer service skills and communication skills.
- Able and willing to work during club peak hours which may include mornings, evenings, and weekends.
- Position reports to District Fitness Director

AWESOME EMPLOYEE BENEFITS

- Competitive compensation with top training rates for top performers.
- Personal Training certification reimbursement.

- Continued education reimbursement (up to \$400 per year)
- Recruitment bonuses available
- CPR/AED/First Aid certifications offered on site.
- Developmental training provided by our District Fitness Director
- Free Cardio Express membership for self and spouse.
- Annual performance reviews.
- Promotional and career advancement opportunities for top performers.

WANT TO CHAT? YEAH, WE THOUGHT SO...APPLY TODAY!

Cardio Express is an Equal Opportunity Employer. We recruit, employ, train, compensate, and promote without regard to race, color, sex, national origin, medical condition, age, sexual orientation, or disability.