



Minnesota JCC

JOB DESCRIPTION

TITLE: Personal Trainer/Pilates Instructor
DEPARTMENT: Fitness
STATUS: PT
CLASSIFICATION: Non-exempt
SUPERVISOR: Director of Health and Wellness

POSITION SUMMARY

The role of a Certified Personal Trainer at the JCC is to assist members in achieving their health and fitness-related goals through safe and effective health/fitness evaluation, exercise program design, and implementation. Personal Trainers are responsible for the delivery, sales and promotion of Pilates/Personal Training services, Specialty Classes, and Workshops that address the clients overall fitness needs.

ESSENTIAL FUNCTIONS

This job description is not intended to cover or contain a comprehensive listing of activities, duties or responsibilities required of the employee in this position. Activities, duties and responsibilities may change at any time with or without notice. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions of this position.

- Maintain a nationally-recognized and accredited personal trainer certification
- Conduct the appropriate health/fitness assessments based on the client's individual goals, needs, limitations, and obtain medical clearance when indicated
- Develop individualized exercise programs based on the health status, needs, limitations, and goals of the member which ends with client satisfaction and maintains their motivation to attain their overall fitness goals
- Adhere to the guidelines for exercise testing and program design as recommended by the American College of Sports Medicine (ACSM) and other reputable organizations
- Build and retain a Personal/Pilates client base
- Participate in organizational and departmental activities to support and build the Personal Training/Pilates Fitness department
- Maintain appropriate documentation of the members' fitness evaluation, exercise program, and progress/response to the exercise program
- Perform within the scope of practice of a Certified Personal Trainer and conduct yourself in a manner consistent with the Code of Ethics set forth by your certifying organization
- Be familiar with facility Emergency Procedures
- Provide team support to all other Health & Fitness areas where applicable and necessary
- Other duties and tasks as assigned by supervisor

QUALIFICATIONS/REQUIREMENTS

- Certified Personal Trainer by a nationally recognized organization
- Degree or education in a related field of study and one year hands on Personal Training Experience preferred
- CPR and First Aid certified
- Commitment to equity, diversity, environmental stewardship, and social justice

COMPETENCIES

- Proficiency in Microsoft Office Suite
- Excellent verbal and written communication skills
- Proven attention to detail, time management and problem-solving skills
- Positive attitude and dedication to providing exceptional customer service
- Commitment to the highest professional and ethical standards

SUPERVISORY RESPONSIBILITY

N/A

PHYSICAL DEMANDS

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. While performing the duties of this job, the employee is regularly required to verbally communicate with others. In the office setting, this is primarily a sedentary role, which requires the employee to sit at a desk for consecutive hours at a time using a computer or other office equipment. Additional physical requirements include occasional bending, crouching, reaching and lifting.

EEOC Statement: The MN JCC provides equal opportunity to employees and applicants for employment in accordance with applicable laws. Personnel decisions are made on the basis of merit and the needs of the organization. The MN JCC does not discriminate against any employee or applicant for employment because of race, color, creed, religion, national origin, sex, marital status, familial status, status with regard to public assistance, disability, genetic information, sexual orientation, age, military or veteran status, membership or activity in a local human rights commission, or any other status protected by law.