



Personal trainer

Hours/Schedules:

Flexible schedule.

Description:

Personal trainers play a key role in the operation of the campus recreation department. They are at the front lines providing exceptional customer service, enforcing policies, ensuring safety, answering questions, and resolving issues.

Duties & Responsibilities

Customer Service and Risk Management:

- Personal training for clients
- Conduct fitness assessments
- Knowledge of fitness equipment and exercises
- Provide patrons with a detailed individualized workout program based on their fitness results.
- Act in a professional manner by upholding CREC policy when involved in conflict management with patrons, students and staff.
- Perform opening/closing procedures of the fitness floor and cardio areas.
- Provide customer service by assisting patrons and clients via spotting, answering questions on exercise and techniques as well as demonstrations on fitness equipment.
- Actively marketing and promoting current facilities and programs hosted by Campus Recreation.

Preferred Qualifications

- Experience working in a customer service setting
- Experience working in a campus recreation facility setting
- Excellent time management and organizational skills
- Strong oral and written communication skills
- Demonstrated leadership qualities
- Ability to exercise good judgment
- CPR and First Aid certified
- Skill in the use of first aid procedures.
- Strong interpersonal and communication skills and the ability to work effectively with a wide range of constituencies in a diverse community.
- Knowledge of fitness training and education methods and techniques in area of specialty.
- Knowledge of exercise principles and technology.
- Knowledge of the operation and maintenance of fitness equipment and facilities.
- Ability to read, understand, follow, and enforce safety procedures.

Required Qualifications

- CPR certification
- Must have a current nationally recognized fitness certification in Personal Training CPR certification