



NOW HIRING!

Personal Trainer

Basic Responsibilities

- Ability to work with a diverse (in ability and fitness level) population of people
- Ability to effectively communicate with clients on their needs and desires for their fitness
- Must be able to keep track of client's progress
- Schedule and show up to all appointments on time
- Create customize plans based on client's individual needs, abilities, and goals
- Motivate clients to continue reaching their goals
- Knowledge of anatomy, functional exercise, basic nutrition, and basic exercise science
- Knowledge of exercise modifications and progressions and how to properly use them
- Reach out to all potential clientele and perform a professional consult with potential client
- Remaining current in certifications and new trends in the field

Requirements

- Must be able to work odd hours to accommodate client's schedules
- Currently CPR/AED certified
- Currently holding a national accredited CPT certification
- Degree in Kinesiology/Exercise Science or related field preferred
- Previous experience as a personal trainer or related field preferred
- Strong organization skills
- Strong communication skills
- Excellent work ethic

Compensation

- Contractor pay

APPLY BY CONTACTING FITNESS DIRECTOR, SCOTT GREEN
919-644-0339, Ext 226 SGreen@oc-sportsplex.com



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Floor Trainer

Basic Responsibilities

- Greet customers as they enter the gym
- Facilitate in giving tours and showing people how to use equipment safely and effectively
- Clean all equipment and studios as well as putting equipment in proper place
- Keep all cleaning equipment stocked
- Assist in keeping track of what equipment is and is not working
- Help keep people safe by enforcing all gym rules
- Take on other duties as assigned

Requirements

- Must be able to work early mornings (5:30am), evenings, and weekends
- High School diploma or GED preferred
- Current CPT certification preferred
- Customer service experience
- Strong communication skills
- Excellent work ethic
- Physically able to bend and move to clean and put equipment away

Compensation

- Competitive wages. Commensurate with experience.

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