

Job Posting

Personal Trainer



DESCRIPTION

To provide a comprehensive one-on-one educational and therapeutic fitness program for members to assist them in achieving their fitness goals.

DUTIES AND ESSENTIAL JOB FUNCTIONS

- As a personal trainer, it is your responsibility to incorporate individual needs and capabilities into each training program by educating clients on safe equipment usage, preventative lifestyle management and realistic goal setting.
- Each trainer is responsible for tracking client paperwork.
- Perform comprehensive fitness consultations to new fitness members.
- Accurately record client-training sessions for payment purposes.
- Communicate client program progress and/or problems with the Fitness Coordinator.
- Fairly work with all potential clients without prejudice, demonstrating equal respect and encouragement to all.
- Conduct personal training sessions within the policies and guidelines established by Bensenville Park District.
- Maintain personal training certification through continuing education.
- Assist Fitness Coordinator with Health Fairs, client communication, facility maintenance as assigned.
- Ability to administer client health history questionnaires and interpret physical assessment data.
- Knowledge of post-rehab exercise principles, procedures, and techniques.
- Ability to provide expert demonstration and instruction in general and specialized exercise techniques.

QUALIFICATIONS

- All trainers must be CPR certified
- All trainers must hold a current national certification in Personal Training (ACSM, NSCA, ACE), or equivalent.
- Preferably a Bachelor's degree in Exercise Science or directly related field
- Minimum of two years' experience as personal trainer

JOB STATUS Part time/Seasonal **DEPARTMENT** Recreation **FSLA STATUS** Exempt

SALARY \$20-30 per hour, commensurate with experience

HOURS This position requires working nights and weekends ranging between 5-15 hours per week, depending on the number of clients.

HOW TO APPLY Interested applicants may submit application and resume to Todd Linder, Fitness & Aquatic Supervisor: TLinder@bvilleparks.org