

Jungle Jam

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Fitness Coach

Description

The Fitness Coach is responsible for delivering predesigned workouts for up to 20 clients per session. Each sessions usually lasts between 45 and 60 minutes. This position requires a strong ability to coach and manage time while motivating multiple clients in a group setting. The Fitness Coach must focus on a well-rounded theory of fitness, including endurance, strength, and power, using the tools given to optimize the client's experience and results.

Responsibilities

- Deliver predesigned workouts to groups of up to 20 clients
- Energize and motivate clients throughout the sessions
- Build attendance and retain current clientele
- Ensure safety of participants with regard to heart rate and exercise technique, posture and spine, as well as joint stress and stability when training
- Modify specific exercises to accommodate various skill levels
- Attend monthly fitness staff meetings and required educational presentations
- Handle member concerns when applicable and in a professional, objective manner with the goal of resolution and retention
- Assist sales associates, when needed, with Facility tours and sales
- Organize and ensure trampoline beds are clean
- Market the training services inside and outside the facility

Qualifications

- Intermediate knowledge of physiology, exercise technique, and body mechanics
- Ability to multi-task and stay organized
- Positive, motivating and effective interpersonal communication skills
- Desire and capacity to train all fitness levels
- Must hold current fitness certification from an approved education company such as ACSM, ACE, NASM, NCSA, AFFA, NPTI or NFPT
- Bachelor's degree in an exercise related field is preferred
- CPR, AED & First Aid Certification
- 1 year of experience teaching groups or personal training in the fitness industry
- Excellent communication and customer service skills

Hiring organization

Jungle Jam

Employment Type

Part Time, Full Time

Job Location

Albuquerque

Base Salary

\$ Based on Experience

Date posted

December 7, 2019

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