

Department: Recreation
Reports To: Fitness Manager/Director of Recreation
Classification: Part-time, at will

Summary

A personal trainer is responsible for the fitness journey of clients from beginning to end. This includes listening to clients about their personal fitness goals and developing training programs to help clients achieve that goal.

Qualifications

- Graduate from High School; experience/training in the fitness industry.
- Must have an accredited personal training certification such as NSCA, ACSM, ACE, ISSA, or NSCA
- Bilingual candidates (Spanish/English) strongly encouraged to apply
- Candidates with group fitness experience are encouraged to apply

Essential Functions

- Provide quality customer service to all members and guests
- Knowledgeable about all aspects of the mission and services of the Flagg-Rochelle Park District
- Responsible for sales goals established by leadership team
- Assume the responsibility of training clients interested in increasing fitness levels, losing weight & entering competitions
- Provide clients with safe, reasonable exercises that they can perform in the gym as well as at home
- Provide excellent communication to clients on scheduling, etc.
- Talk to members of the gym about their goals and introduce them to our personal training packages
- Lead group fitness classes when necessary
- Be visible at the gym for new client acquisition and to meet members
- Advise clients about important safety concerns and demonstrate exercises or maneuvers as needed

Marginal Functions

- Performs other duties as assigned by supervisor.
- The District encourages its employees to “take ownership” of the District. As such, it is the responsibility of all Park District employees to pick up litter throughout the building, grounds and facilities of the District.
- Staff is expected to help with the successful implementation of programs, parks and services across program areas and between departments.

Safety

- All employees are responsible for implementing the policies & procedures that pertain to safety and health.

Psychological Considerations

- Must have the ability to deal with other people under stressful conditions and have excellent customer service presence.

Physiological Considerations

- Should be able to demonstrate all exercises to clients.

Cognitive Considerations

- Must exhibit good problem-solving abilities and good judgment in keeping the park district mission.
- Must take initiative and be able to follow directions from and work with supervisors, and co-workers.

Hours & Wage Range

This position shall be paid every two weeks (\$21-\$25/hour DOQ) and is classified as part-time employee status. Hours are flexible, but as needed based on client availability.

Contact

Send application to Ellen Becker, Fitness Manager at ebecker@rochelleparkdistrict.org