



Job Title: Personal Trainer

The Lift is a private training facility based in Woodinville, Washington. We are searching for an enthusiastic, skilled, and inspiring coach to add to our small studio team.

Our facility delivers private, partner, and semi-private (4–5-person group) training where every client has a custom program.

Coaches must be motivated to achieve noticeable results for clients and bring in new business.

Coaches must coach/communicate well and build a client's confidence along with their knowledge of proper technique. High client retention rate is a must.

Job requirements:

Assess clients and create programs to achieve client goals

- Set SMART goals
- Create workouts in and out of gym
- Provide nutrition coaching
- Give recovery guidelines
- Measure and monitor progress regularly
- Use Trainerize to monitor and progress client programs

Clear, empowering communication skills.

Generate new training client leads, set appointments, close sales.

Light administrative duties such as filling out monthly business plans and bi-weekly timesheets.

Light cleaning such as re-racking weights, wiping down equipment, cleaning sink boards, trash removal. No vacuuming, mopping, or scrubbing toilets required.

Compensation:

\$30/hr. against commission

35% commission once commission passes hourly pay

Paid hourly rate for team meetings and any time working company events.

Must be able to use:

Google Suite (Calendar, Gmail, Docs, Sheets)

Trainerize

Requirements and Qualifications:

Valid CPR/AED certification

High School Diploma or equivalent

At least one (1) nationally accredited training certification (NASM, NSCA, etc.)

OR

B.S./B.A. in a relevant field (Exercise Science, Athletic Training, Kinesiology, etc.)

Preferred:

One (1) specialty certification (PPSC, Nutrition, Corrective Exercise, etc.)

1-2 years in-person training experience

Apply by:

Emailing a resume and cover letter to alexcaain@theliftgym.fit.