

# Personal Trainer

## Arlington Anytime Fitness

**JOB TITLE:** Personal Trainer

**JOB TYPE:** Full Time

**LOCATION:** Arlington, WA

We are a locally owned & operated business striving to improve the overall health & wellness of the Arlington Community. At our club, we follow a holistic approach to health & wellness to provide sustainable results.

### GENERAL JOB DESCRIPTION

As an employee of Arlington Anytime Fitness (Active Arlington LLC), you are expected to uphold the company mission to "Make Healthy Happen." The right candidate for this position will hold a deep passion for helping people reach a healthier state of mind and body through building meaningful connections with members of the gym while educating them on how to create realistic positive lifestyle changes.

### DUTIES AND RESPONSIBILITIES

- Conduct club tours and build a relationship with prospects.
- Sign up new members.
- Conduct fitness consultations with prospective clients.
- Conduct one-on-one personal training sessions with members.
- Conduct group training sessions (up to 5 people) with gym members.
- Promote/market your personal training services as well as anytime fitness group training packages/memberships.
- Use the Club OS system to schedule all appointments (fitness consultations, personal training sessions, group sessions, etc.), sell training packages, and send email campaigns.
- Complete daily cleaning tasks.

### QUALIFICATIONS FOR THE JOB

#### *Education:*

Must be a high school graduate. Bachelor's degree preferred. Must obtain a CPR/AED certification within the first 30 days of being employed. Personal Trainer certification by an accredited program preferred before employment, but we are willing to help you through this process once employed.

#### *Experience:*

Previous work experience at a gym is preferred. Personal gym experience is required.

### KEY COMPETENCIES

- Computer Skills
- Self-Management
- Critical-Thinking & Problem Solving
- Communication

### PHYSICAL REQUIREMENTS

Must be able to lift at least 50 lbs.

**Signature Approved By:**

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**Date Approved:**

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**Date Last Reviewed:**

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**Last Reviewed By:**

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