



1123 Redmond-Fall City Road NE  
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## Position: CrossFit Trainer

### Job Description

- Part-time position with potential for full-time
- Develop and facilitate CrossFit exercise programs for individuals and small groups
- Promote lifelong adherence to a health and fitness program through realistic goal setting and education
- Provide participants with in-depth information on the principles of strength training, flexibility, cardiovascular conditioning, injury prevention, rehabilitation, and nutrition
- Work with other CrossFit affiliates to coordinate quarterly competitions
- Assist in marketing group classes, training programs, seminars, and sports camps

### Job Duties

- Be punctual and conduct yourself in a professional manner
- Provide a positive and safe training environment and experience for all clients
- Conduct health and fitness assessments for all clients
- Educate each client on the fundamentals of Sculptor Fitness and CrossFit
- Train clients according to daily workouts provided in training log
- Help clients obtain goals and keep training charts up to date and accurate
- Take pride in each and every client, assisting them in every way possible
- Communicate client progress and/or problems with supervisor
- Seek regular client feedback
- Follow up on all communications from clients
- Maintain certifications as required and attend all trainer meetings
- Complete daily cleaning duties as assigned in trainer manual

### Requirements

- CrossFit Level 1 Trainer Certificate
- First Aid & CPR Certified
- Personal Liability Insurance
- Good communication skills, positive team member
- Motivated, self starter that will participate in marketing of the business

### Preferred

- Personal training certification or bachelor's degree in fitness-related field

### Compensation

\$10-\$20 base hourly rate DOE, plus incentive pay after 30-day performance review

To apply, submit your [application](#) and resume to [jobs@sculptorfitness.com](mailto:jobs@sculptorfitness.com)