



1123 Redmond-Fall City Road NE
Redmond, WA 98053

(425) 222-5030
www.sculptorfitness.com

Position: Personal Trainer

Job Description

- Part-time position with potential for full-time
- Develop and facilitate 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
- Represent Sculptor Fitness in the community and assist in marketing services and programs

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
- 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

- Personal training or fitness certification/accreditation
- Exercise, sports, or weightlifting experience as an instructor, coach, or avid athlete
- First Aid & CPR Certified
- Personal Liability Insurance
- Excellent communication skills, positive team member
- Motivated, self starter who will participate in marketing of the business

Preferred

- 2+ years experience as a sports coach or personal trainer
- Bachelor's degree in fitness-related field

Compensation

\$15-\$30 hourly depending on experience and qualifications; incentive pay after 30-day performance review

**To apply, download application at www.sculptorfitness.com/about/Job_Application.docx
and submit completed application and resume to jobs@sculptorfitness.com**