

Personal Trainer Job Opening: Engage Fitness and Training Center

Engage Fitness is a fun, intimate training studio that does "quality of life" training.

We help people with issues they may be experiencing where training is the solution. For example, many of our clients have had chronic pain, and lack of fitness limits their day-to-day practices or affects the decisions they make on what they can physically do. We assess every client and meet them where they are to help them establish a new level of health and fitness as well as help them manage their pain.

Our goal is to create the opportunities for which they may have lacked access to before. We offer regular guided education to our staff, using both outside and in-house sources to further coaching acumen and to stay up-to-date on best practices!

Prerequisites:

- Kinesiology degree, or equivalent, or accredited personal training certification preferred but not required (will have to complete full internship if not certified).
- At least one year of personal training experience is preferred but not required.
Have at least 10 hours of weekly availability to start coaching.

Qualifications:

- Excellent Interpersonal Skills
- Effective Communicator
- Team Oriented
- Detail Oriented
- Have a High Level of Integrity

- Understand the Need for Confidentiality
- Invested in Continuing Education Efforts
- Capable of meeting people's programming needs and energy on a day-to-day basis

Responsibilities:

Coaches will be responsible for learning the Engage Fitness Evaluation process and use its findings to construct a safe and effective training program based on the needs AND wants of each individual.

Coaches will help clients establish realistic goals and educate them on the behavioral changes needed to meet those goals.

Lastly, and most importantly, coaches will be amazing listeners and establish relationships with clients where they can be honest and know the coach will be there to help them through their challenges, in and out of the gym, and work with them to find the best solutions for EACH INDIVIDUAL.

Hiring process:

Prospective coaches will be required to submit a resume and do at least one interview with the management staff. "Internship" or additional training from available staff may be required based on qualifications and current capabilities.

For our management staff, coaches come first! We are incredibly proud of the service we offer. We will invest time and resources to help develop you to be the best coach you can be as an individual and as a part of the team.



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Our mission at Engage Fitness and Training Center is to provide a safety first and friendly training environment that keeps with the best knowledge, research and practices of human movement, health, and performance. Our coaches are trained and given the resources to develop a critical thinking mindset to approach any of their clients' needs.