

Phoenix Fitness & Martial Arts

Job Title:	Fitness Instructor	Department:	Fitness
Hours:	Evenings, 6-15 hours per week	Position Type:	Part-time
Salary:	\$26/hr group - \$30/hr personal	Employment Status:	W-2 employee

Applications Accepted By:

CONTACT:

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Subject Line: Fitness Instructor Position

Job Description

ROLE AND RESPONSIBILITIES

Phoenix Fitness and Martial Arts is looking for energetic, friendly and professional fitness instructors.

Our fitness program offers small group strength training and fat loss sessions for busy professionals. Group training classes will run approximately 45 minutes and personal training sessions are 60 minutes. Our instructors will provide a fun, safe and highly effective training session to members as outlined by Phoenix Fitness & Martial Arts.

Team member expectations:

- Maintain the highest level of professionalism while coaching and interacting with members
- Arrive on time and dressed appropriately
- Know and understand what members are striving to achieve and what limitations they have prior to workouts. Keep training log for members during each session. Offer alternative exercises for members with limitations.
- Be fully present and attentive during training and follow up with members after sessions
- Help keep the facility clean, wiping down and storing equipment after each workout
- Provide advanced notification of planned absences to management
- Attend staff meetings and training sessions as scheduled

Additional one-on-one and semi-private training opportunities also available for instructors

QUALIFICATIONS

- 2+ years of experience with small group training or personal training
- Strength training using proper form and technique with ability to provide alternative options to members
- Excellent communication skills and interpersonal skills
- Must have reliable transportation

PREFERRED SKILLS

- Experience with both group and personal training
- Functional movement screening certification

CERTIFICATIONS & REQUIREMENTS

- Current national fitness certification and CPR certification
- 3 references from previous employers and/or clients