

**JOB DESCRIPTION
EXERCISE SPECIALIST
WELLNESS 360**

Wellness 360, a leader in personal, corporate, hotel and residential wellness, spa and fitness programs is seeking knowledgeable and personable Exercise Specialists (ES). We are offering opportunities for excellent compensation (commensurate with education, certifications and experience) in a growing company where you and your work are valued and respected; as we succeed, our entire team is rewarded. Our primary focus is to work with motivated fitness professionals who are able to work flexible hours and provide the highest level of skills and customer service. Beyond that, we are looking for creative, innovative individuals who wish to use their talents to create unique programs and services to offer to a very discerning clientele.

Purpose: The Exercise Specialist is responsible for creating exercise prescriptions and conducting workouts for clients that are goal-driven, safe and fun with an emphasis on customer services standards (in accordance with the American College of Sports Medicine guidelines). They are also responsible for the wellness programming within the center. The Exercise Specialist maintains a clean and safe facility in accordance with OSHA and NYC Department of Health standards.

Position Duties:

- Create exercise prescriptions that coincide with fitness assessment and goals of client
- Provide workouts with clients that are goal-driven, challenging, safe and fun
- Conduct fitness assessments, create exercise prescriptions and provide workouts according to the standards of the American College of Sports Medicine and/or the YMCA testing protocols
- Create and supervise periodic fitness challenges and contests that assist the clients in their cardiovascular, strength or adherence goals
- Contribute to wellness programs developed within center, including a fitness/wellness newsletter, lunch & learn seminars for clients, lecture-demonstrations, etc. as designated by General Manager
- Conduct group class instruction as directed by General Manager
- Assist General Manager in other fitness center-related tasks as needed

Other Responsibilities:

- Voluntary participation in personal training program for which ES will receive additional, per session compensation

Maintenance:

- Assist maintenance team or building maintenance in keeping the facility clean and free of litter or unsafe conditions.
- Assist in the cleaning and basic maintenance of fitness equipment

Requirements:

- Minimum bachelors degree in Exercise Sciences
- Current certification with national certification organization (ACSM, NSCA, NASM, ACE)
- Current CPR– which includes Adult AED
- Excellent verbal and written communication skills. Comfortable in public speaking situations
- Computer literacy (including Microsoft Office, Internet, Adobe Illustrator)

Compensation: Base fee is determined by education, certifications and experience and will be outlined during the application process. Exercise Specialists can receive additional compensation for personal training sessions with General Manager's approval.

Quality defines our work. Only serious applicants need apply. Interested applicants may send or e-mail resume to Bob Welter, Director of Human Resources:

Bob Welter
Wellness 360
817 Broadway
Second Floor
New York, New York 10003
646.278.1172
employment@W360.com
<http://www.W360.com>