

**JOB DESCRIPTION
PERSONAL TRAINER
WELLNESS 360**

Wellness 360, a leader in personal, corporate, hotel and residential wellness, spa and fitness programs is seeking knowledgeable and personable Personal Trainers (PT). 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 Personal Trainer 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 (all in accordance with the American College of Sports Medicine guidelines). The PT 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
- Arrive on time for session, giving yourself enough time to set up equipment and other preparations to start session on time
- Schedule replacement trainer from approved list of substitutes or other trainer approved by General Manager
- Assist General Manager in other fitness center-related tasks as needed

Maintenance:

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

Requirements:

- Bachelors degree in Exercise Sciences preferred
- 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.

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>