



JOB DESCRIPTION

Job Title: Personal Trainer

Primary Focus:

The Contract position of Personal Trainer is responsible for providing effective and safe quality Fitness personal training programs to members of the TransAlta Tri Leisure Centre. The Personal Trainer is generally required to work outside of traditional business hours to ensure the fulfillment of client requirements.

Specific Accountabilities:

- Develop, plan and instruct safe training programs that are safe and effective for members.
- Knowledge to perform various types of physical testing based on CSEP – CPT Protocol.
- Instruct in a professional manner that represents the TLC as a high standard in the fitness industry.
- Responsible for providing a safe and clean atmosphere by ensuring the environment is free of obstacles, and educating members on various safety considerations.
- Ensure patrons are comfortable and that the trainer is approachable and knowledgeable in all areas of the program being instructed.
- Maintain and develop TLC image and reputation, and protect and develop the TLC's brand via suitable PR activities.
- Maintains personal liability insurance along with current training certifications.
- Ensures Fitness activities meet with and integrate with organizational requirements for the quality management, health and safety, legal stipulations, and general duty of care.
- Always seeks safe and new training methods and keeps education up to date with the fitness industry.
- Performs other related duties and responsibilities as required.

Competencies/Skill-Sets Required:

- Exceptional customer service focus.
- Strong communication skills.
- Independent decision-making, problem solving and analytical skills.
- Teamwork and cooperation.

Designations/Training Required/Prerequisites:

- Designation as a personal trainer through CSEP (Certified Personal Trainer)
- Degree in Kinesiology, or Physical Education; Certified Exercise Physiologist certification, CSCS would be an asset.
- Leadership experience would be an asset.
- First Aid/ CPR are required.

Recruits From (Existing Role – Redeployment/Transition):

- Wellness Rep
- Fitness Instructor

Career Progression:

- Wellness Supervisor
- Fitness Instructor

Reports To:

- Wellness Supervisor

Direct Reports:

- Nil