

Position Description

Position Title:	Personal Trainer
Reports to:	Assistant Health and Fitness Manager
Business Unit:	Health & Fitness

Position Objective

The personal trainer's objective is to provide comprehensive personal training sessions that promote results based training through goal setting, education and consistency. They should also be able to conduct PARC Fit Outdoor large group training and ensure service delivery is of a consistently high standard and PARC members needs are continually being met. The personal trainer will also sell personal training packages with a key focus on customer service and member retention.

Responsibilities

As a personal trainer at PARC your key responsibilities will include:

- Developing and fostering a club culture amongst members and guests and promote other fitness and recreation activities within the centre
- Achieving session averages as set by Assistant Health & Fitness Manager
- Ensuring participants feel welcome, advising new participants of group session procedures
- Delivering sessions that are fun, encouraging and maintain high attendance levels
- Educating participants with safe exercise techniques and constantly monitor safety
- Monitoring correct form and technique using positive reinforcement
- Ensuring excellent customer service is delivered at all times
- Maintaining a professional relationship with members and ensure that all communications related to members are positive
- Conducting group sessions at specified times and on occasions assist with filling in other group fitness classes if available
- Providing a professional public image and maintain a safe, informative and friendly environment
- Collecting statistical information regarding patronage

Key qualities we are looking for:

- Passionate about ensuring our members receive an exceptional and memorable experience
- A positive attitude towards building a PT client base and retaining members
- Strong attention to detail and excellent communication skills
- Experience in program prescription and personal training
- Experience running group personal training sessions

Competencies	
Qualifications	<ul style="list-style-type: none"> • Certificate III and IV in Fitness • Degree qualification in Exercise Science (desirable) • Level 2 First Aid and CPR Certificate • Certificate in Nutrition and Diet (desirable) • Current Police Records Check • Current Working with Children's Check • Experience in the leisure industry • Experience in training a client base and delivering high quality customer service • Sound knowledge of fitness equipment • Knowledge of physiology and fitness training principles • Ability to design training programs for multiple fitness goals

Attributes	
Personal Attributes	<ul style="list-style-type: none"> • Well-developed communication skills • Customer service excellence • Strong listening skills • Ability to work in a team environment • Efficient and punctual • Positive attitude • Highly organised

Peninsula Leisure Values	
Employees are expected to act responsibly & in the best interest of Peninsula Leisure – our shareholders, our clients and other employees	<p>We think PEOPLE:</p> <ul style="list-style-type: none"> • We align the customer and employee experience • We engage the community • We celebrate success • We act with integrity, honesty and respect <p>We live INNOVATION:</p> <ul style="list-style-type: none"> • We have the courage to be unique and think differently • We are creative • We maximise opportunities <p>We DELIVER:</p> <ul style="list-style-type: none"> • We are committed to excellence • We work together to achieve success • We do what we say • We believe in quality

Please acknowledge that you understand this position description by signing both copies, one copy should be retained by yourself and the other copy is to be returned to Talent and Culture

Employee		Signature		Date	/ /
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