



*Please send resumes to:*

*Tracy Reid of FITNESS POWERS  
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**Fitness Powers** is an expanding company with over 30 years of experience working in the fields of fitness, health, wellness and facility management. Our core purpose is “empowering people to live healthier lives through bettering their lifestyle behaviours.” We achieve this by providing quality programs and services that focus keeping people healthy and happy.

## POSITION SUMMARY

Fitness Powers is looking for a **Personal Trainer** to assist our team of professionals; providing a support system for our clients to include education, guidance and motivation to help them achieve their personal wellness goals. As an integral part of our wellness team you will promote our “Healthy Lifestyle” program offered to members at our client site. Your role is to provide personal evaluations and coaching to members on their lifestyle behaviours by reviewing their abilities, habits, physical condition and overall health to ensure that an appropriate wellness plan is created.

## QUALIFICATIONS FOR THIS POSITION INCLUDES:

- Current accredited personal training certification.
- Current certificate in CPR/AED and First Aid.
- Previous experience in the health and wellness education, guidance and support.
- Strong team player with the ability to work in a cooperative manner to achieve desired results.
- Positive interpersonal skills with the ability to be diplomatic and communicate effectively both verbally and written.
- Maintain positive and friendly demeanour ALWAYS.

## DUTIES & RESPONSIBILITIES

- Provide personal evaluations and coaching to members on their lifestyle behaviours by reviewing their abilities, habits, physical condition and overall health to ensure that an appropriate wellness plan is created.
- Create personalized fitness routines that will assist our members in achieving their wellness goals.
- Provide orientations to the fitness and wellness programs and services.
- Lead private and group training sessions and classes.
- Monitor clients on their status and make changes to their individual wellness plans as required.
- Work with the Wellness Team to provide direction and guidance and act as a resource person.
- Develop a trusting relationship while providing confidential referrals in-house and within the community.
- Enforce all gym policies and safety rules to reduce the chance of any injuries and maintain a safe and comfortable environment in which members can exercise.
- Participate in ongoing internal and/or external continuing education activities.
- Adhere to Fitness Powers Policies and Procedures.
- Maintain confidentiality of member and corporate information within the Fitness Powers Team.
- Perform other duties as assigned.

*We wish to thank all applicants for their interest and effort in applying for the position; however, only candidates selected for interviews will be contacted.*