



POSITION TITLE	Personal Trainer - Certified
CLASS	Part Time
PAY TYPE	Non-Exempt
PAY GRADE	50
PAY RANGE	\$20.00 - \$40.00 per hour
SUPERVISOR	Recreation Supervisor – Fitness & Gymnastics

WHY WORK FOR THE FRASER VALLEY METROPOLITAN RECREATION DISTRICT?

The Fraser Valley is situated in a high mountain park and surrounded by the Arapaho National Forest and several wilderness areas. Home to Winter Park Resort, a world-renowned ski resort, the Fraser Valley offers a variety of winter activities and our idyllic summer climate is a haven for outdoor enthusiasts. The FVMRD has established an outstanding reputation for quality recreation and excellent customer service, creating amazing experiences for our residents and guests every day. We invite you to join our team!

GENERAL STATEMENT OF DUTIES:

Develop and implement specialized fitness programs for clients. Offer guidance and support to clients in order to achieve their goals.

ESSENTIAL JOB FUNCTIONS:

The following examples are meant to be illustrative only and are not intended to be all inclusive. FVMRD reserves the right to modify the essential functions of this job at any time.

- Develop and implement specialized fitness programs for clients. Ensure that fitness programs meet the clients' needs and include various elements (physical fitness, nutrition, cardiovascular training, weight training).
- Assist in planning, coordinating, implementing, and supervising wellness and fitness activities to meet the needs of members and guests.
- Provide supervision and monitor activities in the fitness, weight, and functional training areas; enforce compliance with policies, procedures, proper usage of equipment, and safety rules.
- Ensure proper maintenance and cleaning of all strength, cardio, functional training, and gymnastics equipment.
- Assist with planning and hosting of special events as needed.
- Perform other related duties as necessary.

REQUIRED KNOWLEDGE, SKILLS, AND ABILITIES:

- Knowledge of Windows based computer operating systems, including MS office and database management.
- Knowledge of safety policies, procedures, and practices.
- Knowledge of fitness equipment including preventative and general maintenance, safety procedures, proper use, and applicable health and safety regulations.
- Ability to read and interpret written documents and manuals.
- Ability to communicate clearly and concisely, both orally and in writing.
- Ability to establish and maintain an effective working relationship with staff members, clients, and the general public.
- Ability to work evenings, weekends, and holidays as necessary.

EDUCATION, TRAINING, AND EXPERIENCE:

- Bachelor or Associates degree in health, fitness, or recreation preferred; or similar education/relevant certifications.
- High school diploma or G.E.D. equivalent required.
- Minimum of three years' experience in the health and fitness field.
- A combination of education and experience may be considered.
- Certification from a national organization such as ACSM (American College of Sports Medicine), ACE (American Council on Exercise), or NASM (National Academy of Sports Medicine) required.

Possess, or be able to obtain, CRP, First-Aid, AED certifications.

Work Environment: This position may include periods of high activity. The noise level in the work environment is typically quiet in the office, and moderate to loud in the facility.

Physical Requirements: While performing the duties of this position the employee is required to walk, stand, sit, talk, hear, and see. Occasional lifting of 20 pounds or greater is required.

The FVMRD is customer service oriented and committed to hiring individuals who respond effectively to citizen needs and concerns.

EQUAL OPPORTUNITY EMPLOYER

Employee Name

Employee Signature

Date