



MONTROSE RECREATION DISTRICT

Personal Trainer (Revised 6/30/2021)

General Statement of Duties:

Montrose Recreation District is seeking a certified personal trainer with a passion for helping clients achieve their goals.

Supervision Received: Reports directly to the Fitness Leader.

Supervision Exercised: None.

Essential Duties: *The following are examples of primary duties assigned to this position. Other related duties may be assigned.*

- Conduct orientations and consultations with potential clients to determine client goals, health concerns, and exercise preferences
- Conduct fitness assessments
- Develop and implement exercise plans for clients
- Educate members and clients about proper exercise technique, progressions and nutrition (within scope of practice) as well as provide insight into healthy lifestyle factors
- Help ensure equipment and fitness area is clean and well maintained
- May teach group fitness classes including a Weight Machine Circuit Training Class
- Help provide new member orientations to educate members about how to properly adjust and operate equipment
- Render CPR/First-Aid to current level of training if necessary
- Other duties as assigned

Position Qualifications:

License and Certification:

- Current Personal Trainer certification from an NCCA accredited organization (ACE, NASM, NFPT, ACSM, etc.) requiring an in-person knowledge assessment. Personal training candidates who have completed all course work and have an exam date scheduled may be considered.
- Current First Aid/CPR/AED Certification from an organization requiring a hands-on in-person skills demonstration (can be obtained through MRD upon offer of employment)
- A degree in Sports and Exercise Science or a similar field is desirable but not required

License and Certifications Preferred:

- Group Fitness Instructor certification from a nationally accredited organization
- Specialty instructor training (senior, youth, functional training, etc...)
- 1 or more years of training experience with a steady clientele
- Experience working with seniors and clients with physical limitations
- Experience working with clients with movement limitations and prior injuries

Work Environment:

Gym environment with extensive public contact. Flexible hours that may include seasonal variations, evenings, weekends, and/or holiday hours.