



# FITNESS TRAINER JOB POSTING

**POSTING DATE:** November 20, 2024

**REPORTS TO:** Fitness & Aquatics Manager

Under supervision, this position provides fitness training to Rossmoor residents, through general training, personal training, leading classes and groups, providing general instruction and supervision on the fitness floor and performs other duties as directed by the Fitness Supervisor to meet the changing needs of residents. This is a part-time position (24hrs/wk), working four (4) consistent six (6) hour shifts weekly. Limited GRF Benefits.

**Duties and Responsibilities:**

- Provide fitness evaluations in accordance with Fitness Center procedures, industry standards, and ACSM guidelines.
- Provide Fitness Center users with general health and fitness information, demonstrations and guidance in using fitness equipment.
- Design and implement appropriate exercise programs for residents, including those with special needs.
- Interface with residents to maintain resident awareness of fitness issues, Fitness Center resources, and other resources as appropriate.
- Assist and lead assigned groups, classes and activities in professional and responsible fashion.
- Provide back-up for Fitness Desk staff, and other fitness trainers as needed.
- Enforce Fitness Center policies and etiquette, demonstrating professional attitude and demeanor at all times.
- Serves as a mentor for helping to onboard, training and develop new Fitness Instructor to GRF.
- Serves as a back-up resource for the Fitness & Aquatics Administrative Coordinator when absent.
- Other duties as assigned falling within the purview of the Manager.

**Qualifications:**

- Demonstrated excellence in customer service, time and priority management
- Demonstrated excellence in team work, collaboration and communication skills
- Demonstrated ability to work with senior adults
- Demonstrated flexibility, creativity and ability to appropriately respond in difficult situations
- Must be able to work Four (4) consistent Six (6) hour work days per week

**Required Licenses, Certifications and/or Education/Degrees:**

- Basic fitness trainer certification from nationally recognized organization
- Current and valid American Red Cross certifications in CPR, First Aid and AED
- BA/BS in relevant field / specialty and/or specialty certifications a plus
- Certification/experience in teaching Pilates Barre or Reformer and TRX classes is highly desirable.
- Minimum 2 years' experience in the fitness field as a trainer; may substitute up to 1 year's relevant experience in a related health services field
- Strong group fitness and aquatics group fitness background with senior population classes preferred
- Livestream group fitness and virtual personal training capabilities a plus
- Increasingly responsible experience in health-related field will be considered applicable to this position's requirements.

**Current and valid certifications are a condition of initial and continuing education.**

**Additional Requirements:**

- Clean and valid driver license and satisfactory driving record are conditions of initial and continued employment.
- Ability to meet the Dept. of Homeland Security requirements confirming identity and right to work in the United States is required.
- Offer is contingent upon satisfactorily passing pre-employment background check, physical, drug test and physical capabilities assessment.
- Previous employment must be verifiable.

**CONTACT:** To apply, email your resume and cover letter to: [recruiting@rossmoor.com](mailto:recruiting@rossmoor.com)

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