



TRAINER POSITIONS

WE ARE LOOKING FOR AN ENTHUSIASTIC, MOTIVATED, HARDWORKING FITNESS TECHNICIAN. YOU CAN MAKE A DIFFERENCE EVERY DAY WHILE BUILDING AN EXCITING CAREER IN FITNESS.

AS A PERSONAL TRAINER AT METRICS FITNESS LAB YOU WILL WORK IN SMALL GROUPS AND ONE-ON-ONE WITH MEMBERS TO HELP THEM ACHIEVE THEIR FITNESS GOALS.

ESSENTIAL DUTIES & RESPONSIBILITIES

- Use your knowledge, skill, and abilities to design safe and effective fitness programs
- Instruct and assist people in reaching personal health and fitness goals
- Perform fitness evaluations and track client progress
- Demonstrate proper exercise instruction
- Persuasively engage clients and move them through the sales process
- Provide exceptional customer service and build a loyal client base
- Set-up and clean before and after clients

QUALIFICATIONS & SKILL REQUIREMENTS

- Be **EXCITED** about health and fitness!
- People skills and personality: You must **LOVE** working with people!
- This is an exciting training facility and you must be able to show our clients energy and excitement while working with them
- Design individual and group exercise programs tailored to the needs and attainable goals of specific clients
- Conduct and understand the need/importance of screening and client assessment, initially and progressively
- Great communication skills: You must be comfortable conversing in-person and on the phone, know how to conduct yourself professionally, and deliver clear instructions to the clients

EDUCATION / EXPERIENCE

Have worked a minimum of one-year in personal training and meet field-specific education and license/certification requirements:

- Bachelor's degree in exercise science or related field
- Or current certification from NASM, ACE, ISSA, ACSM, AFPA or similar personal training certification program
- CPR

BENEFITS

- Highly competitive salary
- Opportunity for advancement to Master Trainer and beyond
- Flexible Schedule
- Fun family-like atmosphere with **AWESOME** clients
- Complimentary Metrics Fitness Lab studio membership

TO APPLY GO TO WWW.METRICSFITNESS.COM/CAREERS

Be the **SPARK that
inspires someone to keep
training, to try harder and
to live healthier!**