

Company: Kaplen JCC On the Palisades

Job Type: Part time/full time Personal Trainer

Description:

We are seeking a passionate and certified Personal Trainer to join our team. As a Personal Trainer, you will be responsible for providing exceptional fitness guidance and support to our clients, helping them achieve their health and fitness goals.

Responsibilities:

- Conduct initial fitness assessments to evaluate clients' current fitness levels and goals.
- Design customized workout plans tailored to individual clients' needs and preferences.
- Instruct and demonstrate proper exercise techniques and equipment usage.
- Provide motivational support and encouragement to clients throughout their fitness journey.
- Maintain accurate records of client progress, including measurements and session notes.
- Ensure a safe and clean workout environment, adhering to all safety protocols and guidelines.
- Stay updated on industry trends and advancements through ongoing education and professional development.
- Collaborate with team members to create a positive and inclusive fitness community.
- Assist with administrative tasks such as scheduling appointments and client management.
- Be the facility goodwill ambassador and greet and assist members.
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Requirements:

- Certified Personal Trainer with a recognized certification (e.g., NASM, ACE, ACSM).
- Previous experience in personal training or related fitness field preferred.
- Strong knowledge of exercise science, anatomy, and physiology.
- Excellent communication and interpersonal skills.

- Passion for helping others achieve their fitness goals.
- Ability to motivate and inspire clients of all fitness levels.
- Dedication to continuing education and professional growth.
- CPR/AED certification preferred.
- Attend monthly Fitness Staff meeting.

Benefits All JCC team members receive:

- Complimentary membership
- Team member discounts [Fitness#jccotp.org](https://www.facebook.com/Fitness#jccotp.org)
- Club connect membership
- Opportunities to advance based on performance and certifications acquired.

Join our dynamic team and make a difference in people's lives through fitness! If you are passionate about health and wellness and enjoy working in a supportive and motivating environment, we'd love to hear from you.

How to Apply:

Please submit your resume to Fitness@Jccotp.org.

We look forward to reviewing your application!