Personal Trainer | Certified Fitness Trainer

KAPLEN JCC ON THE PALISADES • Tenafly, NJ • Part-Time / Full-Time

If you are interested in being part of a warm and welcoming professional team focused on ensuring a place of belonging and delivering excellent opportunities to its members and the community, come join our team.

Make a Difference Through Fitness

We are seeking a passionate, certified Personal Trainer to join our Fitness & Wellness team. Help members of all ages and fitness levels build strength, improve well-being, and reach their personal health and fitness goals through individualized coaching, safe exercise programming, and motivating one-on-one training. Be part of an inclusive fitness community where personal connection and exceptional member service matter as much as results.

About the Kaplen JCC

The Kaplen JCC on the Palisades is a welcoming home away from home in Tenafly, New Jersey, for members and the wider community. We are a leading nonprofit charitable organization rooted in Jewish values and tradition and a vibrant home for Jewish life. We welcome all and support the social, intellectual, physical, and spiritual well-being of our community. As a strengths-based employer, we celebrate diversity and foster a supportive workplace where people are appreciated, respected, and empowered to do their best work. Our vision is to be the center of Jewish life in our community and engage all generations in our mission and values. We serve more than 3,700 membership units and welcome more than 900,000 visits annually across our 200,000-square-foot building and extensive outdoor grounds and facilities.

What You'll Do

- Conduct initial fitness assessments, discuss clients' goals, and evaluate current fitness levels.
- Design personalized exercise programs and workout plans for individual goals, abilities, and preferences.
- Coach and demonstrate proper exercise techniques, strength training, cardiovascular conditioning, and safe equipment use.
- Motivate, encourage, and support clients to build confidence, consistency, and long-term healthy habits.
- Track client progress accurately, including measurements, training notes, and program adjustments.

- Maintain a clean, welcoming, and safe fitness environment and follow established safety procedures.
- Build positive relationships with members; greet, assist, and serve as a goodwill ambassador for the JCC.
- Collaborate with colleagues to strengthen our inclusive fitness community and deliver an excellent member experience.
- Assist with training appointments, scheduling, client records, and related administrative tasks.
- Participate in monthly Fitness staff meetings and pursue ongoing professional development in fitness and wellness.

What We're Looking For

- Current personal training certification from a recognized organization, such as NASM, ACE, or ACSM.
- Knowledge of exercise science, anatomy, physiology, and safe exercise technique.
- Excellent communication, interpersonal, and customer service skills.
- Ability to inspire and coach people with a wide range of fitness levels and goals.
- Passion for health, wellness, and making a meaningful difference in people's lives.
- Commitment to continuing education, teamwork, and a welcoming, inclusive environment.
- Prior personal training or related fitness experience preferred; CPR/AED certification preferred.

Benefits & Opportunities

- Complimentary JCC membership.
- Team member discounts.
- Club Connect membership.
- Opportunities for advancement based on performance and additional certifications.

How to Apply

Ready to bring your energy, expertise, and care for others to a mission-driven fitness team? Send your résumé to Fitness@jccotp.org. We look forward to hearing from you!