

**CITY OF PLATTSMOUTH
JOB DESCRIPTION**

POSITION TITLE: Personal Trainer/Floor

REPORTS TO: Group Fitness Coordinator

PURPOSE OF POSITION: Responsible for personal training at the Plattsmouth Community Center

EXEMPT: Y/N: NO—PART-TIME

ESSENTIAL FUNCTIONS:

- Attends all required training session and scheduled meetings
- Knowledgeable on how to perform ACSM Fitness Assessments to members
- Develop positive relationships with members and program participants, pro-actively gain and retain members
- Sets and maintains personal training goals for the members
- Assists members and program participants in awareness of healthy lifestyles
- Assist members in setting and attaining fitness goals
- Assists the Program director in inspecting and maintaining the wellness area to ensure cleanliness, proper operation and absence of health or safety hazards
- Assists Program director in promoting and publicizing health and fitness programs
- All other duties as assigned

ESSENTIAL EDUCATION, CERTIFICATION AND/OR LICENSES:

- At least a High School diploma and in the second year of labs for College degree in fitness related field or 5 years experience in fitness field
- Must be at least 18 years of age
- CPR and First Aid certification required
- National Personal Training Certification

ESSENTIAL KNOWLEDGE, EXPERIENCE, AND ABILITY

- Be able to lift 45 pounds
- Know how and be able to perform the correct way to assist a member when lifting
- Know how and be able to perform proper lifting form when showing skills to members
- Be able to stand, walk or jog for at least one hour

The job description does not constitute an employment agreement between the employer and the employee and is subject to change by the employer as the needs of the employer and requirements of the job change. The above statements are intended to describe the general nature and level of work being performed. They are not intended to be construed as an exhaustive list of all responsibilities, duties and skills required of personnel so classified.

I have read the above job description and accept the responsibilities:

Employee Signature _____ Date _____

Supervisor Signature _____ Date _____

Employee Position Description Approved for Use:

 _____  _____
City Administrator _____ Date _____