




JOB DESCRIPTION: TEAM TRAINING INSTRUCTOR

Reports to	Director of Team Training
Role Summary	Effectively train and lead a group of multiple members through an effective and safe workout. Maintain a variety of classes to maximize participation, member retention, and club profitability.
Requirements	<ul style="list-style-type: none"> • National Commission for Certifying Agencies (NCCA) Personal Training certification: <ul style="list-style-type: none"> <li style="width: 25%;">• NASM <li style="width: 25%;">• ACE <li style="width: 25%;">• NFPT <li style="width: 25%;">• ACE <li style="width: 25%;">• NSCA <li style="width: 25%;">• ACSM <li style="width: 25%;">• Coopers Institute <li style="width: 25%;">• AAAI <li style="width: 25%;">• NESTA <li style="width: 25%;">• NCCPT <li style="width: 25%;">• WITTS <li style="width: 25%;">• NCSF <li style="width: 25%;">• ISMA <li style="width: 25%;">• DEAC/DETC • Current CPR/AED certification through the American Red Cross, The American Heart Association or American Safety and Health Institute.
Primary Responsibilities and Tasks	<ul style="list-style-type: none"> • Trainer is responsible for signing in prior to the beginning of class and documenting class attendance. • Trainer should encourage questions and interactions between and with members before and after class. • Trainer must effectively and efficiently communicate member needs to the Team Training Director. • Trainer needs to provide an adequate warm-up and cool-down period with stretching of all major muscle groups during each class period. • Trainer should provide a safe environment for members during team training sessions while also providing challenging workout routines for the members. • Trainer must provide a motivating and positive attitude throughout the team training session. • Trainer must maintain a professional attitude, image, and demeanor not only while coaching a team training session, but also when interacting with members, guests, and staff inside the Bailey's Health & Fitness facility. • Provide a safe, comfortable, and motivating class for all participants at all fitness levels.
Skills and Competencies	<ul style="list-style-type: none"> • Time management skills. • Ability to communicate effectively verbally, non-verbally and in writing. • Experience teaching group fitness classes preferred. • Knowledge and understanding of training multiple members at one time. • Willingness to continue education in personal/team training.

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- The nature of the position requires physical effort, such as setting up equipment, lifting over 40lbs, creating workouts involving high intensity training, functional and resistance training programs.
 - Must have decision making skills regarding coaching and monitoring form for multiple people.
 - Must abide by established Bailey's Health & Fitness policies.
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