

FLATTS FITNESS

PERSONAL TRAINING + YOGA STUDIO

Requires an experienced Personal Trainer/Studio Manager

Must have a minimum of 5 years of experience in Personal Training and gym management.

Must have Managerial Responsibilities to run the Studio, all private sessions and group classes.

Manage the staff and their schedules; handle payments, payroll, inventory, and work weekends and Public Holidays. Must be willing to open the gym by 6:00am.

Must have experience in teaching the following group fitness classes. Cross Fit, Boot Camps, Circuit Training, and TRX.

Qualifications

Education/Experience

- Personal training certified with ACSM, ACE or NASM- Current
- Bachelor's degree in related field preferred
- CrossFit level 1 Certified
- CPR, AED and First Aid certification

KNOWLEDGE / SKILLS / ABILITIES:

- Strong knowledge of exercise physiology, kinesiology and anatomy;
- Conduct fitness consultations and assessments
- Develop individualized programs that ensure clients safety and enhancement of fitness goals
- Full understanding of all exercise equipment and proper operations;
- Knowledge of injury prevention and rehabilitation;
- Good communication skills and ability to instruct and teach;
- Work independently with minimal supervision;
- Sport specific knowledge a plus.

Please send your CV's to flattsfitness@gmail.com. Closing date is July 21st, 2014. If you hold the qualifications for this position, we will be in touch with you to schedule an interview.