



### **Full Time Personal Trainer/Spinning Instructor**

As a member of the Personal Training Team, you will be responsible for providing personal and small group training services that offer customized programs that support and guide the individuals successfully to meet their goals.

Responsibilities will also include teaching spinning and group exercise classes; including but not limited to circuits, X-TremeFit and boxfit, as well as conducting health assessments and orientation sessions for new members, nutritional counseling, actively promote and market personal training services as well as ensuring that all areas and equipment in the Club are clean and safe at all times.

Current CPR and AED certification is essential along with at least one specialized degree, diploma or certification in addition to a recognized Personal Training accreditation and a minimum of 4 years one-to-one Personal Training experience.

### **Full Time Senior (Level 3) Personal Trainer**

As a member of the Personal Training Team, you will be responsible for providing personal and small group training services that offer customized programs that support and guide the individuals to successfully meet their goals.

Responsibilities will also include teaching group exercise classes, conducting health assessments and orientation sessions for new members, nutritional counseling, lifestyle coaching and holistic workshops, actively promote and market personal/group training services as well as ensuring that all areas and equipment in the Club are clean and safe at all times.

Current CPR and AED certification is essential along with at least two specialized degree, diplomas or certifications in addition to a recognized Personal Trainer and Nutrition accreditation and a minimum of 5 years experience.

**The above positions will include evenings and/or weekends.**

**Interested? Please email Sue Pell at [spell@courthouse.bm](mailto:spell@courthouse.bm)**

**Fax: 292-8388 or send to Suite 1282, 48 Par-la-Ville Road, Hamilton HM 11**

**All enquires will be dealt with in strict confidence.**

**CLOSING DATE: Friday, 29<sup>th</sup> AUGUST, 2014**