



## **Full Time (Level 2) Personal Trainer**

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

Responsibilities will also include teaching GroupCycle/Spinning, Group Rowing and group exercise classes including but not limited to TRX/ Suspension Training, Kettlebell, Tabata and HIIT; as well as conducting health assessments and orientation sessions for new members, nutritional coaching, 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 a Group Cycle/ Spinning Certification, Group Rowing, TRX/Suspension Training Certification and a recognized Personal Training accreditation and a minimum of 3 years one-to-one Personal Training.

**The above positions will include evenings and weekends**

**Interested? Please send resume and covering letter to Alison Ince at [aince@courthouse.bm](mailto:aince@courthouse.bm)**

**All enquiries will be dealt with in strict confidence. Closing Date: March 23<sup>rd</sup>, 2020**