

Details Management Ltd. on behalf of our client, Alchemy Fitness, is currently recruiting for the role of **Personal Trainer (Part Time)**.

Alchemy Fitness is a personal training studio and fitness facility catering to a wide range of clients seeking health and fitness training. They are looking for a part time personal fitness trainer with the ability to work with their diverse client base.

Duties and Responsibilities:

- Evaluate clients' fitness levels and health conditions
- Build individualized exercise programs
- Explain exercises in detail and suggest alternatives if needed
- Monitor progress of clients' fitness levels
- Explain safe and proper use of gym equipment
- Lead both individual and group training sessions
- Research on new exercise techniques and trends
- Promote the gym's fitness packages and plans
- Perform CPR and administer first aid in case of emergencies
- Inform clients on gym safety and hygiene guidelines
- Build a positive and trusting relationship with clients
- Advise clients on how to change nutritional and lifestyle habits as needed

Skills, Experience and Requirements:

- A local or internationally recognized personal training certification
- Post secondary school education would be preferred
- Must be willing to work shifts and weekends
- Must be CPR and AED certified
- Able to work under minimal supervision
- Prenatal and Postnatal training certification
- Muay Thai martial art coaching certification
- A minimum of 5 years' experience with athletic training

All inquiries will be dealt with in strict confidence. Interested candidates please submit resumes and references via **www.details.bm** Job Seekers - Job Code: PTPT020922 **Closing Date:** February 21, 2022