



JOB DESCRIPTION

POSITION:	Personal Trainer
EFFECTIVE DATE:	February 17, 2025
DEPARTMENT:	Recreation
REPORTS TO:	Fitness Supervisor
DIRECT REPORTS:	None

JOB SUMMARY

Reporting to the Fitness Supervisor, you will be responsible for listening to various clients about their personal goals and developing personalized training programs to help clients achieve their fitness goals at (primarily) Old Barn Community Centre and Wesbrook Community Centre. You possess the knowledge to help individuals improve vitality and their quality of life by teaching safe and correct workout techniques. You must be a certified BCRPA or equivalent personal trainer who has a strong passion for health and wellness, be confident in providing demonstrations of technique, and provide tips that will help clients achieve their desired physical fitness state.

OVERALL GOALS FOR THE POSITION

1. Maintain high organization with a large and diverse client base.
2. Work with clients on a one-to-one basis.
3. Listen to a client's personal fitness goals.
4. Create customized training programs for clients.
5. Conduct engaging evaluations and goals assessments.
6. Orient and guide patrons in proper use of exercise equipment.
7. Demonstrate training techniques and movements.
8. Provide tips and advice on improving form to work out safely.
9. Ensure that clients receive top quality personal training that works with their schedule and meets their goals.
10. Develop a good rapport with clients.
11. Complete personal training sessions at our fitness centre in the Old Barn Community Centre and Wesbrook Community Centre. Availability to train at both centres is a requirement.
12. Assist with maintaining the cleanliness and upkeep of the Fitness Centre and its equipment.

ROLES, RESPONSIBILITIES AND EXPECTATIONS

Knowledge, Skills & Abilities

1. Certified BCRPA or equivalent personal trainer.
2. Knowledge on standard first aid and cardiopulmonary resuscitation.
3. Proven experience working as a personal trainer.
4. Demonstrated ability to provide excellent customer service.
5. Knowledge of the methods used in proper exercise programs and the use of various exercise equipment.

6. Enthusiastic and passionate about fitness and health.
7. Demonstrated ability to instruct individual and small group exercise.
8. Knowledge and experience in sport or fitness coaching.
9. Excellent social, verbal, and written communication skills.
10. A second language such as Mandarin or Korean is an asset.
11. Sales and service experience is an asset.

SKILLS, QUALIFICATIONS AND EXPERIENCE REQUIRED

Education requirements:

- Bachelor's Degree in Human Kinetics or Kinesiology, or a valid certification from an officially recognized institute.

Experience requirements:

- Certified as a Fitness Instructor with a recognized organization. Bachelor's Degree in Human Kinetics or Kinesiology (with good standing through the BCAF).
- Additional certification to teach special populations such as older adults/seniors, pre/post-natal women, and adapted fitness is an asset.
- Valid Standard First Aid with CPR Certification is required.
- Minimum of \$2,000,000 in liability insurance.
- A Police Record Check with vulnerable sectors is a requirement of the position (or willingness to obtain one prior to starting the position).