



Personal Trainer Job Description

The person trainer, under the direction of the Fitness Supervisor, is responsible for planning, teaching, applying, and evaluating their assigned training. This is an on-call, by appointment position.

Qualifications

- Must be 18 years old.
- Must be able to conduct a training(s).
- Must be able to plan and execute age-appropriate activities.
- Must possess prerequisite instructor certification(s) for that specific training or class.

Duties and Responsibilities

- Responsible for the preparation of lesson plans and gathering of supplies and equipment if unapplicable through the Athletic and Recreation Center.
- Flexible availability to train morning or evening classes.
- Remain with trainee at all times during a scheduled session.
- Must be knowledgeable on all fitness equipment within the Athletic and Recreation Center.
- Ensure safety of participants at all times.
- Maintain good communication with participants and/or parents.
- Adhere to the general rules and policies of the Midlothian Park District.
- Attend any orientation, staff training or meetings.
- Request supplies through the Fitness Supervisor
- Must perform assigned tasks in a safe manor and follow safety policies and procedures.
- Perform other duties as assigned.

Psychological Considerations:

- Must be a positive role model.
- Must have the ability to both give and take orders.
- May have to deal with stressful situations.

Physiological Considerations:

- Must have the endurance to keep up with participants.
- May encounter long periods of sitting, standing, running, or walking.
- May have to be able to lift up to 50 pounds.

Environmental Considerations:

- May be exposed to varying weather conditions.

Cognitive and Safety Considerations:

- Must be organized and punctual.
- Must show safety awareness and good judgment.
- Must be able to pass criminal background check.

Department: Recreation
Reports to: Fitness Supervisor
Pay Grade: Part Time (Various hours)
Salary: Varies by class