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| **Position Title:**  | Personal Trainer | **Reports to:** |  Fitness Manager |
| **Department:** | Fitness | **Date:** | 11/01/2019 |
| **Job Location:** | All Sites |  |  |

**Job Purpose: Reporting directly to the Fitness Manager, Personal Trainers are responsible for delivering quality personal training sessions and assessments while developing a strong professional relationships with our clients.**

**Job Dimensions:**

*STAFF: N/A*

*FINANCIAL: Operating costs, reporting directly to Fitness Manager for approval and invoice re-reimbursement for small daily purchases.*

*OTHER: Capable of leading multiple training sessions per day for clientele with various exercise restrictions; conduct, interpret and record fitness assessment results; utilize assessment results to create specific exercise programs for clients.*

**Principal Responsibilities:**

* Creation of workout programs to meet the needs of individual clients.
* Recording and maintaining up to date files on fitness clients.
* Identify pertinent medical information to understand client restrictions.
* Conduct one-on-one personal training sessions in a gym setting.
* Create training schedule to efficiently schedule training sessions with clients.
* Record training sessions and renewal packages purchased by clients.
* Communicate with fitness clients.
* Perform fitness assessments; including Bod Pod, Fit3D, Metabolic testing, blood pressure, submaximal cardiovascular testing, flexibility, and strength assessments to measure progress.
* Perform other duties as assigned to support Rexall Pharmacy Group Ltd.

**Knowledge, skills and experience:**

* 4 Year Bachelor of Kinesiology (or equivalent in Human Kinetics Science)
* CPR-C Certification
* Previous personal training experience (benefit not required)
* Excellent organizational skills
* Quality interpersonal & communication skills
* Exemplary time management skills

**Context and Environment:**

Working closely with clients in a gym setting with cable machines, dumbbells, barbells, cardio equipment, etc. Capable of repeatedly lifting heavy equipment safely to assist clients while performing exercises.

**Internal Communications**:

Each Personal trainer attends an individual meeting with their Fitness Manager. This meeting takes place once a month to discuss client status as well as personal growth and development. All Personal Trainers participate in a monthly one hour team meeting to spark creativity, collaborate as a team and provide updates. They also lead or participate in a monthly, one hour developmental day. These meetings cover a variety of fitness topics, encouraging personal education and growth within the field of Personal Training.

**External Communications:**

Participate in the Medpoint Health Half Hour on Corus Radio occasionally to promote Medpoint Services and educate the public.

**Additional Information:**