

The Addison-Penzak JCC in Los Gatos, CA is looking for Certified Personal Trainers. Qualifications include strong communication skills, passion for helping others, a minimum of one nationally recognized fitness certification, CPR/AED and First Aid certification, and at least one year of personal training experience.

Position Summary:

The Personal Trainer is responsible for managing the fitness floor, being responsive to members and guests by offering assistance, and educating JCC members on the safe and correct use of cardio and weight training equipment. This person also performs assessments, provides package prescriptions, answers fitness and wellness related questions, and sells personal training packages.

Essential Functions:

- Sell and deliver personal training sessions to clients
- Schedule and conduct orientation sessions
- Assist members in using safe and effective exercise form during their workouts
- Maintain a clean, safe and orderly fitness floor, racking weights, picking up towels, water bottles, magazines, etc.
- Perform fitness assessments (movement and posture assessments, blood pressure checks, body composition tests) as requested by members
- Support, teach, and encourage members to meet their fitness goals
- Work together as a team with all departments

Other Functions:

- Be the center "goodwill" ambassador and greet and assist members
- Develop relationships and encourage member referrals
- Enforce JCC policies such as cell phone use, etc.
- Attend fitness department and fitness training meetings and continuing education classes to keep certifications current
- Assist in development and implementation of new fitness programs/classes.

Education:

- National recognized Certified Personal Trainer certificate (ACE, ACSM, NASM, NSCA, NCSF, NFPT, ISSA, NCEP, The Cooper Institute).
- Other certifying agencies may be considered.

Experience:

- One year of personal training experience in a health club environment.

Specialized knowledge, licenses, etc.:

- Operational knowledge of resistance training equipment and proper form
- Knowledge of anatomy, biomechanics
- Knowledge of appropriate exercises for specific muscle groups
- Knowledge of injury prevention and basic rehabilitation
- Knowledge of basic movement and posture assessments and body composition assessments
- Ability to calculate target heart rate
- Basic knowledge in nutrition
- CPR and First Aid certifications
- Minimum one (1) nationally recognized certification from one of the following: ACE, ACSM, NASM, NSCA, NCSF, NFPT, ISSA, NCEP, The Cooper Institute.

Working Conditions:

- Fitness Center/Community Center environment
- Ability to lift a minimum of 45 pounds
- Ability to spot a client lifting weights

To apply send resume to Deborah Rothschild at deborahr@svjcc.org.