

Personal Trainer

Jewish for Good serves as the vibrant hub where everyone belongs, nourishing the roots of local Jewish life. We provide engaging opportunities that deepen Jewish connections, knowledge, and relations to Israel, services for helping those in need; programs that foster healthy living; and pathways for charitable giving. We are located in the Levin JCC at 1937 West Cornwallis Road, Durham, North Carolina, 27705.

The Jewish for Good Health and Wellness Center offers more than a typical gym. Our holistic, inclusive approach to whole health wellness supports all bodies, inside and out, top to bottom.

Job Description

POSITION OVERVIEW:

The Personal Trainer position is responsible for providing the highest quality of programs and services. This position is responsible for conducting fitness orientations, assessments, developing customized programs, delivering personal training sessions and motivating clients. Personal Trainers must demonstrate a strong customer service ethic, energetic, enthusiastic, motivated, good health and fitness, and sensitivity to the needs of the centers diverse clientele.

This front line, part-time (hourly) position reports to our Fitness and Personal Services Program Manager.

RESPONSIBILITIES:

- Engages members in conversations, address them by name, introduce yourself
- Conducts comprehensive fitness consultations and assessments
- Designs customized and unique programs that ensure client safety, satisfaction and enhancement of personal fitness goals, each of which should include exercises appropriate to the level of the client
- Monitors and assesses each client's progress and results by providing on-going guidance and encouragement

- Maintains a consistent client base
- Provides fitness equipment orientations for members and teens
- Ensures safe and effective use of all equipment
- General/Supportive Functions:
 - Cleans all machines/equipment used during session(s).
 - Adheres to policies, code of ethics and emergency plan of Jewish for Good
 - Assists with emergency and crisis situations as needed
 - Arrives 5-10 minutes before the start of each client
 - Enters time in ADP and redeems sessions in Daxko daily
 - Provides exceptional customer service to members throughout the Health and Wellness Center
 - Reads and responds to business email on a daily basis
 - Returns phone calls within 24 hours
 - Wears Health and Wellness Center provided trainer shirt while training clients
 - All other duties as assigned

Qualifications

REQUIRED QUALIFICATIONS:

- Certification from a nationally recognized agency (ACSM, NASM, ACE, NSCA, CSCS)
- Must be at least 18 years of age
- Maintain current CPR/AED certification

PREFERRED QUALIFICATIONS:

- B.S. or M.S. degree in Exercise Science or related field and certification from a nationally recognized agency (ACSM, NASM, ACE, NSCA, CSCS)
- Physically able to lift 45lbs. and must be able to stand for 90 minutes at a time
- Previous training and program design experience
- Willing to attend training and development classes
- Reliable and have work schedule flexibility

Position Benefits

As a part-time, hourly employee, this position is eligible for the following benefits:

- Free All Inclusive Family Membership
- Discounts on programs and services
- Ongoing professional development aligned with career arch

Jewish for Good's Non-Discrimination Statement

Jewish for Good at the Levin JCC is an organization based on Jewish values. All Jewish for Good programs are open to anyone who wishes to participate, regardless of religious affiliation or background.

Jewish for Good Hill does not discriminate on the basis of sex, sexual orientation, gender expression, age, race, ethnic origin, color, religion, nation origin, creed, marital status, disabled veteran status, or the presence of any sensory, mental, and/or physical disability that does not prevent the performance of the specific core tasks of this position.

Apply

APPLY ONLINE

www.jewishforgood.org/our-team

QUESTIONS?

Personalservices@jewishforgood.org or 919-354-4940