



Job Announcement!

Position: Personal Trainers

Classification: Part Time - Hourly

Department: Fitness

Non-Benefited Position

Job Announcement Opens: 6/4/25

Starting Rate: \$25.75/hour

Job Announcement Closes: until filled

Schedule: Varies

Shifts: Varies - dependent upon clients

Position Location: *Recreation Center - 610 S Vernal Avenue - Vernal, UT 84078*

Hours of Operation: 5 AM - 9:30 PM; Saturday and Holiday building closes at 7:00 PM

GENERAL PURPOSE

Conduct consultations and screenings with clients to discuss goals and design personalized workout programs in a friendly and safe manner. Teach weight room etiquette and weight lifting courses.

SUPERVISION RECEIVED

Works under the supervision of the Program Coordinator.

SUPERVISION EXERCISED

None.

ESSENTIAL FUNCTIONS

Employee must be able to:

- Communicate with the supervisor in coordinating schedules and taking on new clients.
- Conduct consultations and screenings with clients, discussing goals and designing specific, safe workout programs tailored to each client's objectives.
- Evaluate individuals' abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements. Track client progress.
- Ensure all activities and weight lifting programs are conducted safely. Teach proper techniques.
- Inspect and ensure all equipment is in good working condition.
- Interact positively with co-workers, patrons, and clients.
- Maintain a safe, fun, organized, and clean environment.
- Demonstrate a positive attitude and behavior.
- Must maintain composure, keep emotions in check, avoid aggressive behavior, even in difficult situations.
- Train one-on-one or in small groups; the job requires being reliable, responsible, and dependable.



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- Rotate with other trainers teaching a weight room etiquette and equipment training course monthly.
- Work with other trainers teaching a quarterly 6-week intro to weight lifting course.
- If certified in nutrition, lead a quarterly 6-week basic nutrition course.
- Attend occasional mandatory meetings.
- Perform housekeeping duties as needed.
- Perform other related duties as assigned.

MINIMUM QUALIFICATIONS and WORK ENVIRONMENT

1. Education and Experience:

A. Sufficient education and training to demonstrate an aptitude or ability to perform above and related duties. Must hold a Personal Training Certificate through an accredited organization (NASM, ACE, ISSA) OR Bachelor's Degree in exercise science or related field. (If leading basic nutrition courses, must hold a nutrition coaching certificate or equivalent.)

B. Six (6) months of general experience related to fitness instruction, or related background.

2. Knowledge, Skills, and Abilities:

Knowledge of the rules and regulations of teaching exercise and weight lifting techniques.

Ability to safely perform physical activities that require considerable use of arms, legs, and moving the whole body, such as climbing, lifting, balancing, walking, stooping, jumping, lunging, lifting, and handling exercise equipment.

3. Other Requirements:

- Must be 18 years of age or older.
- Must be able to successfully pass a drug screen.
- Must consent to a background screen.

4. Work Environment:

Incumbents of the position perform in a climate-controlled environment. Tasks require a variety of physical activities, generally involving muscular strain, such as swimming, walking, standing, stooping, sitting, and reaching. Talking, hearing, and seeing details are essential to performing required job functions. Common eye, hand, and finger dexterity exist. Mental application utilizes memory for details, verbal instructions, emotional stability, and discriminating thinking, and some creative problem solving. The work schedule is part-time.

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To perform this job successfully, an individual must be able to safely perform each essential job duty satisfactorily. Reasonable accommodations may be made to enable qualified individuals with disabilities to perform essential job functions.

Employment applications may be picked up and returned to the Uintah Recreation Center at

610 S Vernal Avenue, Vernal, UT 84078.

Applications may be downloaded from www.uintahrecreation.org / job opportunities and emailed to

nikkitheener@usd1.utah.gov

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