



Job Announcement!!

Position: Personal Trainer

Classification: Part-Time - Hourly

Department: Fitness

Non-Benefited Position

Job Announcement Opens: 7/23/26

Starting Rate: \$26.78 per hour

Job Announcement Closes: Until Filled

Schedule: Varies based on client needs

Shift: Varies based on client needs

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

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

GENERAL PURPOSE

Conduct fitness consultations, health screenings, and individualized personal training sessions in a safe, professional, and encouraging environment. Design personalized exercise programs based on client goals and abilities while promoting proper exercise techniques, fitness education, and healthy lifestyle habits.

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.
- Train one-on-one or in small groups.
- Ensure all activities and weight lifting programs are conducted safely. Teach proper techniques.
- Inspect and ensure all equipment is in good working condition.
- Ability to interact politely and professionally with patrons, the public, vendors, and employees.
- Dependability - must be reliable, responsible, and dependable.
- Service Orientation: actively looking for ways to help customers and coworkers.

Equal Opportunity Employer

Job Announcement!!

- Maintain a safe, fun, organized, and clean environment.
- Demonstrate a positive attitude and behavior.
- Must maintain composure, keep emotions in check, and avoid aggressive behavior, even in difficult situations.
- Attend occasional mandatory work-related meetings.
- Perform other related duties as assigned.
- Follow the policies and procedures of USSD1.

MINIMUM QUALIFICATIONS

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 a 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:

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

3. Other Requirements:

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

WORK ENVIRONMENT

Incumbents of the position perform in a climate-controlled environment. Work is performed primarily in a recreation center fitness facility and weight room. Duties require standing, walking, lifting, spotting participants during exercises, demonstrating proper techniques, and moving fitness equipment. Employees must be able to occasionally lift up to 50 pounds and respond to participant emergencies. The work schedule is part-time.

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



Job Announcement!!

TO APPLY

Please complete a USSD1 Application for Employment.

Applications may be picked up and returned in person at:

Uintah Recreation Center

610 South Vernal Avenue

Vernal, UT 84078

Applications are also available for download at <https://recreation.uintah.gov> → *About Us* → *Job Opportunities* - Completed applications may be emailed to: nikkitheener@ussd1.utah.gov.

Or click [USSD1 Job Application](#) to open the electronic version.