



## **PERSONAL TRAINER (Flexible Part-time)**

Do you enjoy meeting people, helping others succeed while staying fit and being part of a fun team oriented environment. If you are searching for a flexible part-time opportunity and can commit up to ten (10) hours minimum per week then Trico Centre is looking for you.

This position requires dynamic, outgoing, energetic and reliable certified personal trainers to join their fitness centre team! If you like working with clients and groups of all ages you will really enjoy our facility and patrons.

### **Responsibilities:**

- Works cooperatively with the Fitness Director to develop and grow cutting edge fitness and training programs.
- Maintains instruction and personal training records, including hours worked for payroll and fitness class/personal training statistics as required.
- Teaches additional fitness classes or covers shifts for instructors or trainers when needed.
- Provides feedback to Fitness Centre Coordinator on any equipment maintenance or patron issues.
- Accurately records client-training sessions for payment purposes.
- Conducts personal training sessions within the policies and guidelines established by Trico Centre.
- Produces and delivers independent/group exercise programs to Trico Centre patrons and members (i.e. information on equipment usage, personal work-out/training program, lifestyle management, etc.).
- Maintains reliability, punctuality and conducts self in a professional manner
- Successfully completes and updates required certifications (i.e. CPR, First Aid, Personal Trainer, etc.)
- Remains current on new trends and programs through continuing education.
- Reviews and understands risk management and emergency procedures established by Trico Centre.
- Attends and participates in internal in-services, meetings and training sessions.
- Encourages personal training and Trico Centre programs and services to increase membership sales and training program sales.
- Performs other duties as assigned by the Fitness Centre Coordinator

**Qualifications:**

- Physical Education, Kinesiology Degree or Equivalent
- Personal Trainers Certification (Can Fit Pro, CPTN, CSEP, ACE, or equivalent)
- Fitness Instructors Certification
- Minimum of 2 years work experience in gym or recreational facility
- First Aid and CPR Certification (Current)
- Able to work days, evenings and weekends
- Able to train a minimum of ten (10) hours per week

**Required Skills/Experience:**

- Personal training and fitness instruction experience required.
- Fitness assessment and training prescription experience preferred.
- Strong customer service skills, able to handle customer queries and complaints.
- Able to work a flexible schedule that includes days, evenings and/or weekends.
- Professional demeanour, strong leadership and communication skills
- Ensures policies and required procedures are adhered to.

**What we offer:**

- An opportunity to work and play in the same environment
- A flexible work schedule and stable work environment
- Free facility membership and full member privileges
- New Competitive wage scale
- Opportunity to use your creativity and develop new skills
- A fun, positive and respectful work environment

**Closing Date:** July 15, 2009

**Location:** 11150 Bonaventure Drive SE

Only those individuals selected for an interview will be contacted. Thank you for your interest in Trico Centre for Family Wellness. "We are an equal opportunity employer".

Please send applications to:  
Trico Centre for Family Wellness  
11150 Bonaventure Dr. SE  
Calgary, AB T2J 6R9  
Attention: Fitness Centre Director

Email: [plodoen@tricocentre.ca](mailto:plodoen@tricocentre.ca)  
Fax: 403-278-7573