

Position: Fitness Coach

Hourly Rate: \$21.00/hr

Job Description: We seek a dedicated and certified Fitness Coach to join our team. As a Fitness Coach, you will play a key role in helping individuals achieve their fitness goals through personalized training sessions. We want to hear from you if you are passionate about fitness, possess a nationally recognized certification, and can motivate and inspire others.

Responsibilities:

1. **Conduct Personalized Training Sessions:** Lead one-on-one and small group training sessions tailored to individual client needs and fitness levels.
2. **Develop Personalized Fitness Plans:** Create customized fitness plans based on the client's goals, preferences, and health considerations.
3. **Provide Instruction and Guidance:** Demonstrate proper exercise techniques, ensure safe practices, and provide ongoing guidance and support to clients.
4. **Motivate and Inspire:** Inspire and motivate clients to reach their fitness goals, fostering a positive and encouraging training environment.
5. **Monitor Client Progress:** Monitor clients' progress, adjusting training plans to optimize results.
6. **Educate on Nutrition and Wellness:** Offer nutrition and overall wellness guidance to complement clients' fitness journeys.
7. **Ensure Safety:** Prioritize clients' safety by following industry standards and guidelines.

Qualifications:

- Nationally recognized fitness certification is required.
- First Aid and CPR certification are preferred, but training will be provided if needed.
- Previous experience in one-on-one and small group training is advantageous.
- Strong communication and interpersonal skills.
- Ability to create and adapt personalized fitness plans.

Benefits:

- Competitive hourly rate of \$21.00.
- Flexible schedule to accommodate client needs and personal commitments.
- Opportunities for professional development and growth within the fitness industry.
- First Aid and CPR training provided if not already certified.

How to Apply: If you are a certified Fitness Coach passionate about helping others achieve their fitness goals, we would love to hear from you. Please submit your [application](#). Please contact Sarah Joseph, at sjosep18@emich.edu with questions..

Note: Nationally recognized certification is a requirement for this position, and First Aid and CPR training will be provided if needed.