



JOB DESCRIPTION – COMMUNITY PERSONAL TRAINER

SALARY: £11.44 per hour

HOURS: 16-30 per week

HOLIDAY ALLOWANCE: 28 inc bank holidays (pro rata)

PENSION: statutory

ABOUT FITNESS RUSH

Fitness Rush is a group of four companies that include a gym based in Old Hurst, Cambridgeshire, a state-of-the-art mobile fitness facility, a franchise operation and a community interest company supporting the wider community to access fitness.

We believe in change. Helping our clients creating a proud reflection, working with partner organisations to break down barriers to fitness and improve wellbeing in hard-to-reach communities as well as working with highly talented personal trainers to develop their skills and knowledge.

Recent success at the National Fitness Awards, becoming the Best Outdoor Facility of the Year 2023 and other recognised awards has generated a great deal of exposure and recognition in the fitness industry and instilled further trust amongst our clients and partners.

THE ROLE

As part of an expansion plan, Fitness Rush is looking to recruit an outstanding person who shows promise towards becoming an exceptional Personal Trainer who can excel working on our community initiatives. They will be ready to learn the ropes alongside the company founder, and learn a number of new skills, including gaining experience generating and closing new client relationships. They will share our passion for helping clients surpass their goals and create a proud reflection in a welcoming, inclusive, and relaxed environment. They will also learn how to create lasting relationships with clients.

In return, they will receive generous compensation, advice and support in marketing as well as opportunities to develop skills and responsibilities in line with the business. They will be joining a dynamic and enthusiastic team that enjoy working with each other.

They will also get to share their life experiences and passion with those who experience barriers to fitness, training them to have a potential career in personal training as well as improving their wellbeing.

The successful applicant will be an important part of the community outreach team and tasked with delivering personal exercise and eventually fitness qualification experiences to individuals who are typically excluded from physical activity for various reasons.

This position is initially for an internship lasting 13 weeks, with an expected start date of September / October 2024, and the possibility of a further offer of employment at the end of the internship.

OUR PRINCIPLES

At Fitness, we believe in four key principles:

Clients Come First: We are under no illusion that Fitness Rush would not be what it is today without the support from its clients, associates, and colleagues, so your wellbeing and success is at the forefront of our priorities.

We Go Further: We understand time is precious and clients cannot always find time to visit us. That is why we have developed our mobile training facility to visit individuals and put resources in place, so they are never more than one click away from their answers. Whether it be concerning nutrition, training, or anything else, we are ready to listen and deliver the support they need.

We know that some people experience serious barriers to fitness, resulting in a shorter life with more medical complications. We work with local partners to ensure those that need exercise the most receive it. We work with people who are homeless, elderly and frail, and have mental health issues.

Honesty is our Policy: We have found the best way to encourage you to the finish line is being honest with our clients about their progress but with their best interests at heart. We push them further and the positive results speak for themselves.

Only the Best: We have handpicked a team of specialist professionals who can take clients further. Whether it be special dietary needs, specific training goals or just a caring motivator, we have everyone covered.

COMMUNITY FITNESS TRAINER JOB DESCRIPTION

We are looking for Professional Trainers to join the team. Applicants must be passionate, knowledgeable, upbeat, and personable. They must be prepared to endorse the ethos of Fitness Rush and strive to become better and more effective trainers.

This is a fantastic opportunity for an ambitious Personal Trainer to become an integral part of our community outreach programmes throughout Cambridgeshire and Peterborough.

With a great regional and national reputation for community involvement, we have gained multiple partnerships with local, district and regional government bodies, national organisations and worldwide companies, which provides varied opportunities for community and specialised services in the fitness industry.

The mobile facility has a full range of equipment, from cardiovascular to resistance and free weights to functional training. Trainers Will need to be confident in driving a long wheelbase vehicle in urban and rural areas under occasional high-pressure situations.

The Fitness Rush Qualification Centre is also an integral part of our community involvement, so the ability to deliver learning experiences to participants with varied skills and abilities is required.

On occasion, the successful candidate might be asked to deliver personal training sessions in our private facility based in Old Hurst. They must be self-motivated, be prepared to work hard for results, be confident using their own initiative and gain their own client base as well as complete administrative tasks. We expect Trainers to take responsibility for their own administration including the effective recording of outcomes associated with community projects.

Trainers will be expected to deliver learning and exercise sessions to a variety of different communities including elderly, homeless and vulnerable individuals with a range of physical and emotional needs. They will be expected to tailor the sessions to the needs of the participants.

There will also be potential driving duties within the local area.

We believe that Trainers should be compensated appropriately, enjoy working with their colleagues and develop within their roles. The successful applicant will receive generous remuneration package, work closely with other team members and the opportunity to learn new skills.

Trainers might be required to clean the gym equipment regularly and will have to be flexible around working hours, including up to 9pm on weekdays.

Before applying, trainers should note the following requirements.

MANDATORY

- Passion for helping people achieve their targets in a friendly and supportive atmosphere.
- Experience of recruiting and retaining clients.
- Experience of working with others to achieve individual and team targets.
- Confidence in sharing stories and information through a number of channels including social media images and videos.
- Willingness to work with a range of communities and clients from different backgrounds.
- A commitment to equality, inclusion and diversity.
- Clean and up to date driving license.

HELPFUL

- Classes instructor certificates.
- Desire to work within different communities to support fitness.
- Enhanced DBS Check Certification.
- First Aid at Work and Mental Health First Aid certification.

Successful applicants will be required to undertake a full DBS check.

TO APPLY

An informative discussion will take place to identify the key areas for development and potential for future employment.