



LOCATION 1450 South Abilene Street Aurora CO 80012 - **HIRING MANAGER** Weston Gilmore (303) 363-6060 ext. 30

At 24 Hour Fitness we are committed to our mission of helping people—team members and members alike—to become the best version of themselves. We've changed the landscape of the fitness industry and pioneered the concept that fitness can be accessible, affordable and a way of life for everyone. We're looking for committed and dedicated individuals to help grow our business, so that we can share the promise of 24 Hour Fitness with more people.

Description :

Make a difference every day while building an exciting career in fitness. As a Personal Trainer (PT) at 24 Hour Fitness you will work one-on-one and in small groups with members to help them achieve their fitness goals. Be the spark that inspires someone to keep training, to try harder and to live healthier. We'll help you advance your career through four Personal Trainer levels and access to our network of more than 3 million members.

Essential Duties & Responsibilities :

- Demonstrate the value of personal training by creating an outstanding personal training experience for new and existing clients
- Make our clubs easy to use by guiding and educating members and clients on comprehensive fitness programs as well as products
- Motivate and inspire clients to get results by setting goals, creating customized workout plans and tracking progress
- Prepare and deliver comprehensive fitness programs based on clients' goals that include appropriate exercise selection and teaching a fitness lifestyle.

Qualifications :

- Understand the principles of physical fitness and proper exercise technique
- Able to coach, motivate and inspire members at every stage of their fitness journey
- Present and sell training and nutritional products

- Provide exceptional customer service and build a loyal client base
- Prior Personal Trainer experience is preferred, but not required

Certifications / Educational Requirements :

- High School Diploma or GED
- Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) certification
- Degree in Kinesiology, Exercise Fitness or related field or an approved Personal Training Certification (listed below):
- ACSM, ACE, Cooper Institute for Aerobics Research, C.H.E.K, IFPA, NASM, NCSF, NESTA, NETA, NFPT, NSCA, PTA Global, W.I.T.S.

Physical Requirements :

- Must be able to lift 50 lbs.
- Physical effort required for daily duties include lifting weights, squatting, bending, reaching, spotting, and prolonged standing and walking

Work Environment :

- While performing the duties of this job the team member is regularly exposed to moving mechanical parts.
- The noise level in the environment is occasionally loud
- Extended workdays are a frequent occurrence, as are weekends and holidays as needed to support the business

This position description intends to describe the general nature and level of work being performed by people assigned to this job. It is not intended to include all duties and responsibilities. The order in which duties and responsibilities are listed is not significant.

FUNCTIONAL GROUP Fitness

FULL-TIME Part-time

24 Hour Fitness is an "Equal Opportunity Employer". 24 Hour Fitness does not discriminate in recruitment, hiring or terms or conditions of employment on the basis of race, sex, color, national origin, sexual orientation, religion, age, disability, marital status or any other basis prohibited by applicable federal, state, or local law. 24 Hour Fitness also provides reasonable accommodations

to disabled individuals to assist in the hiring process and to qualified individuals with disabilities in the performance of essential job functions, as required by applicable federal, state or local law.

City of San Francisco Applicants: 24 Hour Fitness will consider qualified applicants with criminal histories in a manner consistent with the requirements of San Francisco's Fair Chance Ordinance.

City of Los Angeles Applicants: We will consider for employment all qualified Applicants, including those with Criminal Histories, in a manner consistent with the requirements of applicable state and local laws, including the City of Los Angeles' Fair Chance Initiative for Hiring Ordinance.

Job Type: Full-time

Qualification Questions

You have requested that Indeed ask candidates the following questions:

- How many years of Personal Training experience do you have?
- Do you have the following license or certification: Personal Trainer Certification?
- Have you completed the following level of education: High school or equivalent?
- Are you in Aurora, CO?
- Are you willing to undergo a background check, in accordance with local law/regulations?
- Are you authorized to work in the following country: United States?