



## JOB DESCRIPTION

<b>POSITION:</b> STRENGTH COACH / PERSONAL TRAINER
<b>EMPLOYMENT TYPE:</b> FULL-TIME
<b>DEPARTMENT:</b> PERFORMANCE HEALTH & FITNESS
<b>CLINIC LOCATION:</b> CORALVILLE, IOWA

Performance Health & Fitness is seeking a Certified Strength Coach / Personal Trainer.

### **Duties and Responsibilities:**

- Build relationships with athletes and clients
- Give coaching cues during training
- Administer weight workouts as well as speed and agility workouts
- Lead team, small group and individual training sessions
- Document training plans and athlete/member performance
- Assist with sports performance testing and combines
- Collaborate with peers on new training ideas
- Seek to understand individual athlete/member goals
- Use personal experience to give relevance of training
- Give ideas on injury prevention and muscle care
- Create an enjoyable but productive atmosphere

### **Preferred applicants will have:**

- Fitness related degree
- Previous experience in the health and fitness industry
- Group training/coaching experience
- Proven track record of high-quality customer service
- Nationally accredited certification (ACSM, NASM, NSCA, ACE, AFAA)
- Enthusiasm and passion for helping people reach their fitness goals
- Current CPR/AED Certification required

**NOTE:** All duties and requirements stated above are essential functions. This job description in no way implies that these are the only duties to be performed by the staff occupying this position. Staff members may be required to perform other job-related duties by their supervisor.



## **Certification Requirements**

Certified Strength and Conditioning Specialist (CSCS) through the NSCA

### **For full-time employees, we offer:**

- Health/dental insurance
- Flex spending account
- Dependent care spending account
- Simple IRA with employer match
- Vacation/sick time
- Generous continuing education funds
- Free health club membership (Performance Health & Fitness in Coralville, Iowa)
- Discounts on health club products and services

Salary commensurate with experience.

To be considered for the position, send your cover letter and resume to **jobs@perfther.com**, or mail to:

Performance Therapies, PC.  
Attn: Human Resources  
3290 Ridgeway Drive, Suite 3  
Coralville, IA 52241

*Performance Health & Fitness was voted 2018's Best Gym / Fitness Center in Johnson County by the Press Citizen and 2019's Locals Love Us Best Health Clubs & Gyms and Best Trainers / Fitness Programs. To learn more about Performance Health & Fitness, visit <https://performanceforhealth.com>.*