



JOB DESCRIPTION

POSITION: PERSONAL TRAINER/STRENGTH COACH
EMPLOYMENT TYPE: FULL-TIME
DEPARTMENT: PERFORMANCE HEALTH + FITNESS
CLINIC LOCATION: 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 Health + Fitness
3290 Ridgeway Dr Suite 1,
Coralville, IA 52241