

# Department: Health and Fitness

## Position Title: Fitness Trainer

**Classification:** Part-Time Employment

### **Position Summary:**

The Fitness Trainer is responsible for providing quality Personal Training and Small Group Training designed to meet the needs of our members here at the J. The Fitness Trainer reports to the Fitness Manager.

Outside of their Fitness Trainer position, J-Fit Trainers have the flexibility to pick up additional fitness staffing opportunities which include, but are not limited to, group fitness classes, private specialty training, and on-site clinics & workshops.

### **Qualifications:**

- College degree in physical education or related field preferred
- Certification in one of the following preferred: National Association of Sports Medicine (NASM), American College of Sports Medicine (ACSM), American Council of Exercise (ACE), American Fitness Aerobic Association (AFAA), Aquatic Exercise Association (AEA) or other approved nationally accredited organization
- Valid CPR/AED/First Aid Certification
- Must have excellent written and oral communication skills to work positively with different populations, in groups and individually
- Must be well-organized and prepared for their appointments
- Professional manner, discretion, and appearance
- Excellent verbal and written skills
- Energetic, enthusiastic and motivational
- Strong team player
- Must be in excellent physical condition
- Awareness of proper body mechanics to prevent injury

### **Essential Position Duties:**

- Ensuring that a safe and healthy environment exists for exercising
- Ability to lift 45-pound weight plates
- Ability to stand for long periods of time
- This position required the ability to stand, stoop, kneel, crouch, bend, walk, and talk
- The employee is regularly required to use hands to finger, handle, feel or operate objects, tools, or controls; and reach with hands and arms
- Maintains a strong client base by assisting in the renewal process of sessions as determined by the Fitness Manager
- Promotes all facility programs/activities by discussing other department areas that may assist members with a total facility experience
- Must keep current with facility calendar – programs, events and activities
- Participates in facility events, activities, and seminars when directed by management
- Helps ensure facility is only accessed by actual members and/or guests, and that it is safe and secure at all times
- Attends all scheduled meetings

**Hours:**

Flexible work hours varied to include nights, weekends, and holidays.

**Compensation and Benefits:**

Salary commensurate with experience.

**Point of Contact:**

Please send cover letter and resume to [Jeff.Tauriello@theJ.org](mailto:Jeff.Tauriello@theJ.org).

*The Pozez JCC is an equal opportunity employer. The Pozez JCC is committed to having a workforce that reflects diversity at all levels of the organization. We recognize the importance of not viewing individuals based on a single identity, and we thrive on being equitable in our recruitment process as well as in our efforts to be inclusive of all employees. We encourage all applicants regardless of gender, race, religion, age, sexual orientation, disability or other social identity.*

**About:**

The Pozez Jewish Community Center of Northern Virginia (Pozez JCC, the J) is a warm and welcoming, nonprofit, social service organization dedicated to offering quality programs, activities, and services that emphasize Jewish culture, identity, and values to people of all ages and backgrounds. Programming includes cultural, educational, wellness and Israel celebrations, which take place on the main campus located in the heart of Fairfax County, as well as span five Northern Virginia counties.