

Innate Fitness Latrobe
Wellness & Performance Coach
Starting Position

Pay: \$22.00 per hour

Job description:

Innate Fitness Latrobe

Wellness & Performance Coach

Description of position

- Full-time position.
- Morning, afternoon, and some Saturday morning shifts.
- 35+ hours/week

Desired Work Characteristics

- Truly care about helping and motivating others.
- Encouraging, motivating, energetic when coaching.
- Attention to detail.
- Strong work ethic / passionate about health and fitness.
- Enjoy helping others and wanting to always push someone to get better.
- Work as a team.

Responsibilities

- Coaching clients of various ages to reach their health and wellness goals.
- Build training programs tailored to client's needs.
- Working with individuals looking to improve overall wellness or athletes wanting to perform at their best.
- Day to day operational maintenance of fitness facility.

Work experience

- Past experience training youth to adult ages with various fitness levels or performance goals.
- Personal training, group, and class settings along with coaching large groups.
- Working with movement issues and corrective exercise programming.
- Athletes and general fitness clients of all ages.

Skills

- Proficiently use Microsoft office
- Think on your feet in a fast-paced work environment
- Personable with clients
- Critical thinking skills
- Independent thinker
- Follow directions and set protocols

Education

- BS Exercise Science or related field
- Certifications such as: ACSM, NSCA, NASM, or equivalent

Other

- Preferably live within a 30 minute radius.
- Must have current document clearances for criminal background check and child abuse history.

Benefits:

- Flexible schedule
- Paid time off
- Bonuses and commission opportunities
- Job position advancement

