



# GoodFit | Fit & Performance

## Personal Trainer Position Description

GoodFit LLC is growing and we are seeking an energetic, skilled, and motivating Personal Trainer to join our team! In this role, you will create exercise plans for a wide variety of clients who will rely on you to help them achieve their fitness goals.

### Duties and Responsibilities

- Evaluate client fitness level and skillset to plan reachable goals
- Design fitness programs using company systems and tools
- Demonstrate and encourage correct warm-up and stretching techniques to avoid injury
- Lead clients through planned exercise routines
- Counsel and educate clients on diet, nutrition, and exercise
- Track client progress
- Adjust client personalized plans as goals are reached
- Perform CPR, first aid, or other emergency procedures if needed
- Educate a wide range of clients of all ages based on their fitness capabilities
- Follow all health and safety regulations and company policies
- Communicate clearly and effectively with clients and co-workers
- Create accurate contracts within company system
- Maintain an accurate schedule within company system

### Qualifications

- Previous personal training experience preferred up to one year no less
- High school degree or equivalent required, Bachelor's degree preferred
- First aid and CPR training and certification required
- Professional certification required (see below)
- Excellent written and verbal communication skills
- Able to work early mornings, nights, weekends, and holidays
- Positive attitude, encouraging, and patient with clients when instructing
- Able to build positive and professional relationships with clients
- Position involves frequent standing, bending, pulling, pushing
- Able to lift 50+lbs
- Able to work with clients who may need specialized attention

### Requirements

PT Certification(s) from one or more of the following:

- National Council for Certified Personal Training National Academy of Sports Medicine (NASM)
- National Counsel for Certified Personal Trainers (NCCPT)
- International Sports Science Association (ISSA)
- American College of Sports Medicine (ACSM)
- National Exercise and Sports Trainers Association (NESTA)
- American Council on Exercise (ACE)
- National Federation of Professional Trainers (NFPT)
- The Cooper Institute National Strength and Conditioning Association (NSCA)
- International Fitness Professionals Association (IFPA) Certified Strength and Conditional Specialist

#### Other Certifications:

- Corrective Exercise Specialist (CES)
- Performance Enhancement Specialist (PES)
- Certified Strength and Conditioning Specialist Certification (CSCS)

#### The Details

- Full-time and part-time opportunities available
- Pay rate is \$35-\$50 per hour, depending on qualifications
- Schedule:
  - Monday - Friday: 5am – 8am, 6am – 9am, 9am – 12pm, 3pm – 6pm, 6pm – 8pm
  - Weekends: 7am – 9am

#### The Perks

- Health insurance for full-time trainers
- Supplemental commission pay of 30% for Small Group training sessions.
- Free fitness classes

#### Location

Goodfit + FitFight  
8107 Steliacoom Blvd. SW  
Lakewood, WA 98598

#### How to Apply

Submit your resume and cover letter to Rachel at [GoodFit4all@gmail.com](mailto:GoodFit4all@gmail.com)