



Above and Beyond the Playground Personal Trainer Job Summary

We are seeking an enthusiastic, skilled, and inspiring Personal Trainer to join our growing team. You will meet with our student-athletes and develop an exercise plan to help them stay physically active and healthy. When necessary, you will also advise the client on healthy food choices and how to monitor what and how often they eat. All of our Personal Trainers must have a positive and encouraging attitude to motivate these young student-athletes to reach their fitness goals.

Personal Trainer Duties and Responsibilities

- Evaluate client fitness level and skill set to plan reachable goals
- Create a workout plan tailored to student-athlete needs
- Monitor student-athletes through strength training and weightlifting, ensuring proper form and safety
- Counsel and educate clients on diet, nutrition, and exercise
- Chart and track client progress
- Adjust client personalized plans as goals are reached
- Follow all health and safety regulations when working with equipment

Personal Trainer Requirements and Qualifications

- High school degree or equivalent
- First aid and CPR training and certification required
- CPT, CSCS, or Group Exercise certification required
- Passion for working with youth
- Excellent communication and organization skills
- Able to work Mondays and Wednesdays approximately 2:30-5:00 pm

Submit Resumes to: trisha@aboveandbeyondtheplayground.com

Check out our website at: <https://www.aboveandbeyondtheplayground.com/programs>