

PRO JUMP Trainer

POSITION SUMMARY:

Through education, motivation, and leadership, the PRO JUMP Trainer assists member-clients in establishing and reaching their fitness/wellness goals. The PRO trainer contributes to the overall success of Pros of the Rope by embodying the mission, vision and values of Pros of the Rope.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Provides guidance in proper exercise technique and variations of exercises to meet goals
- Assists member-clients in establishing effective fitness/wellness goals and develops the most effective training plan to achieve those goals
- Offers accurate and up-to-date information and advice on fitness
- Motivates clients and serves as a training partner
- Maintains a safe and clean exercise environment during all fitness programs
- Follows all quality assurance and other policies and procedures of Pros of the Rope, LLC
- Maintains all required certifications
- Adjust schedule as needed to accommodate the needs of new existing member-clients; current available hours require afternoons, evenings and some weekends.

QUALIFICATIONS:

- Must have experience in single and double rope turning and jumping
- Bachelor's degree in related field preferred
- High school diploma required
- CPR, AED and First Aid certification
- Reliable Transportation

KNOWLEDGE/SKILLS/ABILITIES:

- Strong knowledge of single and double rope turning and jumping
- Full understanding of Pros of the Rope JUMP curriculum
- Knowledge of injury prevention and rehabilitation
- Good communication skills and ability to instruct and teach
- Work independently with minimal supervision
- Sport specific knowledge a plus

WORK ENVIRONMENT:

- Job requires standing for long periods of time and demonstration of proper exercise technique and ability and the physical ability to move up to 50 pounds.