



# KAPLEN JCC on the Palisades

## JOB DESCRIPTION

<b>JOB TITLE:</b>	Trainer on Duty
<b>SUPERVISOR:</b>	CHWO (Interim in the absence of Fitness Director)
<b>Schedule:</b>	Part time
<b>Status:</b>	Non-Exempt

The Trainer on Duty (TOD) plays an essential role in assisting members of the JCC through their fitness journeys by offering support and educating on the safe and correct use of cardio and weight training equipment. The TOD is tasked with cultivating a sense of community through positive interactions with members and fostering an environment where members can develop necessary habits to lead to a long-term healthy lifestyle. They ensure the continued culture of cleanliness is followed by all through strict sanitation enforcement.

### **The TOD is responsible for supervision in Fitness Centers which includes:**

- Interacting with members and staff to build lasting relationships
- Demonstrating and enforcing effective cleaning, maintain social distance & PPE use
- Explaining the proper use of all equipment available and exercise technique
- Develop engaging appropriate activities and games for members to participate and learn who you are
- Promoting personal training and other JCC services where applicable
- Along with other Trainers, you'll be responsible for providing a fun, engaging, enriching and safe environment for our JCC members
- Ensuring members leave promptly at the end of reservations and stick to assigned locations

### **Other Duties & Responsibilities**

- Conduct WeFits/Welcome Workouts while on Duty as assigned
- TOD circulates and assists members in using safe and effective exercise form during their workouts
- Maintain a clean, safe and orderly fitness floor, racking weights, wiping machines, stocking etc.
- Report malfunctioning equipment, learn how to troubleshoot
- Enforce current policies such as PPE usage, cell phone use, no open toed shoes, no bags, etc.
- Attend fitness department and fitness training meetings – includes answering emails in a timely fashion
- Must attend continuing education classes to keep certifications current
- Troubleshoot issues and refer to supervisor when necessary
- Streamline communication between members and management

**COMPENSATION:** \$15/Hour

### **Position Requirements**

- Current Nationally recognized and NCCA accredited certification in personal training
- Current CPR/First Aid Certified
- Requires ability to lift to 50lbs and capability of standing for long periods
- Not training at another facility within 20 minutes of the JCCOTP

- Able to work as part of a team in a fast-paced environment

**DESIRABLE QUALIFICATIONS:**

- Educational background in Health and Physical Fitness
- College degree or Continuing Education preferred
- Experience at a previous health club experience is a plus

**Benefits All JCC team members receive:**

- Complimentary membership
- Team member discounts
- Club Connect membership
- Opportunities for advancement based on performance and certifications acquired