



Job Title: Personal Trainer – Full Time

Job Summary

FYZICAL Therapy & Balance Centers | Granger is a medical based fitness and wellness facility offering Group Fitness, Personal Training, Massage, Physical Therapy Services, and so much more. Our current facility has been established in the Michiana Area for over 20 years. We are now relocating to a new, State-of-the-Art facility to facilitate health, fitness, and recovery in our community. Join us!

Mission, Values, and Service Goals

- **Mission:** Every day, we empower individuals to take control of their recovery and wellness through direct access to physical therapy, balance protocol, fitness, wellness, and healthy lifestyle products and services.
- **Vision:** To be the most trusted, accessible entry point for wellness and health.
- **Core Values:** Innovative Programs, Holistic Perspective Open Arms Philosophy
- **Brand Promise:** At FYZICAL, we create connections, delivering more than treatments and fitness plans. Connecting is the way to Love Your Life.

Job Responsibilities

- **Personal Training** – Motivate and progress clients by developing and executing individualized exercise plans for individuals and small groups that are in line with the client's fitness goals.
- **Fitness Consultation:** Efficiently performing Fitness Consultations and developing a fitness plan consisting of goals and objectives as defined by the client and the Fitness Instructor.
- **Body Q** – Efficiently performing Proprietary Body Q Assessments and effectively communicating results to the client.
- **Wellness Services** – Perform orthotic screenings, Class IV Laser treatments, and additional services offered. Refer clients for wellness services.
- **Progression of Fitness Goals** – Ongoing documentation of client's progression towards current goals and development of new goals.
- **Group Fitness Classes** – Successful candidate may perform Group Fitness Classes.
- **Safety** – The fitness instructor will ensure a client's safety through constant communication and observation, offering modifications when appropriate.
- **Client Communication** – Create true connections with clients and community members to share your passion for fitness and wellness. You should engage in motivating, educational, and inclusive dialogue. Communications will occur in the clinic, through social media, and throughout the community. Successful applicant will work closely

with FYZICAL team members, displaying excellent interpersonal and communication skills.

- **Community Outreach** – Attending local community events and health fairs, representing FYZICAL Therapy & Balance Centers in a professional manner. Successful candidate will be required to maintain a presence on social media, including promoting services offered by FYZICAL.
- **Clinic Care and Service** – Following all CDC and Health Department Guidelines to maintain a safe and sanitary workspace. Assist with maintaining the clinic's equipment and facility standards.
- **Growth** – Implementing and complying with FYZICAL's PTRx model through all client communications and actions.

Education and Experience

- The knowledge, skills and abilities are normally acquired through the successful completion of a personal training certificate. Certified Personal Training certification (NASM, ISSA, ACE, ACSM, NSCA) OR 4-year Exercise Science degree or Athletic Training degree with appropriate experience.
- One year of related technical job experience in personal training or coaching is preferred.
- Must earn FYZICAL's Body-Q, Class IV Laser, and Orthotic Screening Certifications within 30 days of employment.

Requirements and Skills

- Requires the technical knowledge of exercise programming, selection, and progression to achieve maximum results.
- Requires the technical expertise to demonstrate a variety of correct exercise forms and techniques in accordance with nationally approved standards.
- Ability to design, lead, and progress a group fitness class in accordance with FYZICAL's offerings and following current trends.
- Demonstrates the interpersonal and communication skills.
- Demonstrates knowledge of and a commitment to FYZICAL Therapy & Balance Center's mission, values, and brand promise.
- Ability to comply with FYZICAL's proprietary PTRx model.
- Ability to work within a team environment.
- Ability to guide and motivate a diverse client group with varying ages and fitness levels.
- Coachable and adaptable.

Compensation and Benefits:

- \$20 - \$30 per hour, dependent on experience and attributes.

- *Paid Holiday and PTO available.*
- *Incentive Program for sales and growth.*
- *Discounts on retail products and services.*