



Fitness Evolved is looking to add a trainer who wants to help change the way fitness is done! We are a completely integrated Z-Health® training facility. Our next team member will help make our clients feel welcome, give them world class service and coaching, and help them achieve great results by implementing Z-Health training tools with everyone who walks in the door.

We are looking for someone who loves people, wants to learn, grow, and to be a part of a cutting edge facility who is implementing neurology-based training and leading the industry into a new era.

Our ideal candidate has completed at least Z-Health Performance R-Phase and I-Phase certifications, is committed to furthering their certifications, and is excited to spread the word of this new style of training to help drive growth and the success of Fitness Evolved.

Schedule: Up to 15 hours to start, with shifts on Monday through Saturday- exact days will be determined based on schedule and gym needs.

The following are the more detailed responsibilities of this role.

Overview: The fitness coach is an integral member of the Fitness Evolved team, being the person that enables our clients to achieve their health and fitness goals. The fitness coach works in close conjunction with the owners and head trainer.

Responsibilities:

- Greeting members as they walk in
- Coaching members through their training programs in semi-private training sessions and classes
- Being available to answer questions and provide recommendations when members require help
- Frequent and clear communication with program designers to help make members' programs as safe and effective as possible
- Keep the gym floor clean (ie. sweeping, vacuuming) and wiping down equipment (ie. dusting, sanitizing)
- Schedule sessions for current members and consultations/assessments for prospective members when needed
- Enter member retail purchases and payments into MindBody software
- General information and email responses to clients

- Attend weekly staff meeting
- Assist with events or courses
- Other projects and tasks as needed

Expectations:

- Learn and always exemplify Fitness Evolved's Core Values
- Help Fitness Evolved create a welcoming, exciting culture by being a friendly face at the front, greeting members and prospects as they come in.
- Deliver exceptional customer service by being completely present and making every training session and class as fun and effective as possible.
- Commitment to being a life-long student and continually learning and striving for improvement.
- Be prepared for the day's clients. Review your schedule before your shift starts and have a plan for each client coming in.
- Be an active part of our team by offering observations, questions, concerns, suggestions, and innovative ideas that would elevate the FE experience for members and/or procedures that would allow FE to operate more effectively and efficiently.
- Practice what we preach! We are *always* a billboard for Fitness Evolved. Consistently training and striving to improve should be a regular practice.
- Have fun!

Qualifications: High school graduate. Personal training certification. CPR/AED Certification. Z-Health Performance R-Phase, I-Phase certification. Excellent verbal communication skills and ability to adapt and adjust to a fast paced environment. Able to multi-task and manage multiple clients at one time. Problem solving skills to help clients in session as well as improve systems and processes in Fitness Evolved training operations.

Training You'll Receive:

- Understanding of company policy and procedures
- Fitness Evolved training protocol for sessions and classes
- Understanding of new client onboarding process and able to implement our "Unlock Your Performance" program
- Computer training- knowledge of MindBody Online software and basic email and desktop functions

Performance Appraisal: Quarterly

Compensation: Hourly, starting at \$30-\$40/hour depending on experience (shift hours guaranteed and not dependent on how many clients seen). Opportunity to advance and grow as the company grows.

If you are interested in joining our team and helping us change the way fitness is done, we would love to hear from you! Follow the instructions below:

- 1. Provide a resume'**
- 2. Provide at least 3 references (preferred: former employers, colleagues, landlords)**
- 3. Email your Resume' and References to careers@fitness-evolved.com**

Once we have received your information, we will contact you to schedule a phone interview if it seems like a good fit.

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