



YOUR NAME HERE

Wellness Trainer Level 3

We are seeking creative, energetic individuals to join our team of professionals! As a key part of our Sport & Wellness Group, this position will report directly to the Wellness Service Coordinator. Your goal will be to deliver and promote various personal training services that offer customers a method to maximize workout efficiency, improve fitness, and increase stamina. At Talisman Centre we believe our professionally certified personal trainers can provide the guidance, education and motivation to support people to achieve their health, athletic and fitness goals.

What's in it For You

- A part time position at a professional and inspiring fitness facility
- Eligible for comprehensive benefits package including extended health, dental, short & long term disability & RRSP matching starting at 20 hours per week
- Free facility membership and access to a variety of free & discounted programs and services
- Your friends work out with you for free

What You'll Do

- Provide training to customers who are new to exercise and require general orientation to fitness equipment
- Provide technical strength and conditioning expertise specific to customers needs
- Promote and administer fitness testing and lifestyle counseling services to customers
- Prepare a program plan for their clients
- Administer an initial consultation with all clients to determine needs and program goals
- Professionalism and accountability of quarterly reviews of strength and conditioning programs
- Ensure proper mechanics are being practiced by clients
- Maintain technical standards: i.e. Par Q, Consent forms, Par Med Ex forms, customer evaluations
- Liaise with other trainers to gain insight on providing the best programs for clients
- Provide superior personalized customer service to internal and external customers
- Maintain a professional appearance at all times (i.e. wear uniform and name tag at all times)
- Effectively communicate to clients, program coordinators, and other trainers

What You Need

- Completed post secondary education or Masters degree in Exercise Physiology or Kinesiology
- Education complemented by your Certified Strength and Conditioning Specialist (CSCS) and/or Lifestyle Consultant (PFLC) certifications
- CPR B (recertified within one year) and Standard First Aid (recertified within 3 years) – required before employment can commence
- Minimum of two years of personal training experience with a background in health and wellness Applicants who have experience with special populations and/or areas of expertise will be given preference
- You are a highly motivated team player with exceptional customer service and communication skills
- Knowledge of fitness, skill in the safe and proper use of machine weights, free weights and cardiovascular equipment and excellent customer service, communication, enthusiasm, and ability to motivate others
- Professional manner and the ability to work flexible hours

How to Apply

Submit a resume and cover letter to Talisman Centre Human Resources today:

- E-mail: employment@talismancentre.com (please state job title in the subject line)
- Fax: (403) 262-1001
- Drop off: 2225 Macleod Trail S, Calgary, AB T2G 5B6