



studio cycling + fitness

Personal Trainer/Small Group Trainer Job Description

CADENCE Studio Cycling + Fitness is a locally-owned fitness studio in Lexington, KY offering top-tier instruction in indoor cycling, group training, and lifestyle modification. We're looking for a rockstar team of trainers to help us kick off our studio's opening in April 2018!

Our Small Group Trainers do not only lead sessions, but instill confidence within others in their unique quest for progression. Your job as a trainer is to deliver fresh, challenging, and targeted fitness sessions to participants of all ages and ability levels in a safe, effective manner. We offer great employee perks such as competitive pay rates, free studio classes, discounted retail merchandise, and best of all -- the ability to positively influence individuals' well-being.

If you meet the qualifications and would like to apply, visit www.cadencelexington.com/employment and click 'Apply Now'

Essential Duties and Responsibilities:

- Develop and create small group training programs specific to populations and/or training goals
- Conduct fitness assessments and goal setting sessions with clients
- Engage with patrons by arriving prior to session start time and assist with equipment setup
- Deliver high-quality fitness training sessions with a focus on progression, fun, and community-building
- Utilize in-studio audio/visual controls and performance-metric display system
- Assist in maintaining the neatness and cleanliness of the facility between sessions
- Promote the studio when needed at off-site events or via social media

Qualifications/Requirements:

- Embody the CADENCE culture by exuding positivity and promoting a healthy, active lifestyle
- Basic computer proficiency
- Punctuality and reliability is imperative
- Flexible schedule to include occasional morning, evening, and weekend training
- Interact in a positive and professional way with patrons and co-workers
- Attend regular team training and development sessions
- Relevant NCCA-accredited personal training certification (e.g., ACSM, NSCA, ACE, NASM)
- Experience working with special populations preferred
- Adult CPR/AED Certification