



Saline Parks and Recreation Department JOB POSTING

PERSONAL TRAINER – Independent Contractor

DESCRIPTION

Provide personal training services as an Independent Contractor. Services to include the following:

- Current fitness assessment including body composition, cardiovascular and muscular assessments, flexibility, etc.
- Health history
- Identification of client's health and fitness goals.
- Developing a customized program to attain those goals listed
- Ongoing evaluations of goals and the customized program to ensure a safe and effective program.

Instruction must be safe and effective. Take appropriate steps to ensure a safe environment for all participants including notifying staff of unsafe equipment, enforcing rules and policies of the facility, and providing safe instruction using approved techniques as covered by personal training certification. Maintain an active certification. Keep current with fitness trends. Provide students with encouragement and motivation to lead a healthy lifestyle.

CONTACT

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