



Columbia Country Club

Chevy Chase, MD

Position Title: Personal Trainer & Group Exercise Instructor

Department: Fitness

Reports To: Fitness Director

Supervises/Direct Reports: N/A

Position Summary:

Here at Columbia Country Club we are passionate about superior customer service for our members and delivering the best products in the industry. As a member of our team you will be expected to personify the premium country club experience to every member every time. At Columbia Country Club it's all about the details; your attire, your tone, your attitude and your expertise. These details add up to an environment of the highest quality. As a Personal Trainer and Group Exercise Instructor, your number one responsibility is to enhance the members' fitness experience not only through fitness instruction, but by recommending group classes, spa services, Pilates reformer and other fitness and wellness offerings when appropriate. We share in each other's success and function as a cohesive team.

Duties and Responsibilities:

- Open Availability: weekdays, weekends, holidays, mornings/afternoons/evenings
- Administer fitness evaluations, orientations, stretching, personal training sessions, and lead multiple group exercise class formats
- Establish and maintain a personal training client base accordingly to established goals
- Provide a high level of personalized attention to members
- Maintain knowledge and/or participation in all club services, programs and products
- Instruct and demonstrate to members on the proper use of equipment and exercise techniques which may include operating equipment and dynamically moving weight up to 50 pounds
- Provide each member with the best quality customer service
- Adjust and operate all fitness equipment
- Show up on-time for all appointments, shifts and classes
- Attend Fitness Department meetings
- Maintain up-to-date certifications
- Be fully competent on check-in, booking and billing systems.
- Other duties as assigned
- Adhere to all policies and procedures of Columbia Country Club.



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Essential Qualifications:

- A health/fitness/wellness focused undergraduate degree in exercise science, kinesiology, and/or nutrition preferred.
- Excellent customer service skills
- Excellent verbal communication skills
- Current nationally recognized Personal Training certification
- CPR/AED certification
- 1-3 years of previous Personal Training experience (preferred)
- Experience programing for and training a wide range of individuals and groups.
- Possess honesty and personal integrity
- Possess passion, ambition, drive, and knowledge regarding the fitness industry

Perks:

- Competitive commission-based compensation
- Employee meals
- Use of fitness center during off peak hours
- Use of group exercise classes

Physical Demands and Working Conditions:

- Must be able to push, pull or lift up to 30 pounds.
- Ability to bend, stretch, twist or reach, walk, stand, stoop, climb stairs, balance and/or crouch.
- Continuous repetitive motions.
- Physical exertion over long periods of time.
- May work in a wet, humid and noisy environment.

Job Category: Part-Time with potential for Full-Time