**Impact Fitness**

**Job Description**

**Job Title:** Strength & Conditioning Coach

**Reports To:** Site Manager

**FLSA Status:** Non-Exempt

**Summary:** Responsible for meeting, greeting, and assisting members on a daily basis; conducting orientation sessions with members; training clients; performing facility and equipment cleaning and maintenance; and spotting lifters by performing the following.

**Duties and Responsibilities** include the following. Other duties may be assigned.

1. Gathers information on client's lifestyle and goals.\*
2. Develops specialized programs to fit individual needs.\*
3. Assists the client with problem areas through motivation, education, and/or demonstration.\*
4. Teaches client a series of exercises, including the correct form, to meet goals.\*
5. Educates client on equipment, anticipated results, and any safety precautions.\*
6. Promotes lifestyle transformation to health lifestyle.\*
7. Provides the client with motivational support to stick with program to reach their goals.\*
8. Offers training classes on specific programs or techniques.\*
9. Recommends equipment that will help improve the client's well being.\*
10. Assists members and provides continual customer service.\*
11. Conducts orientation sessions.\*
12. Completes projects including cleaning, maintenance, and organization activities.\*
13. Performs retention activities.\*
14. Performs computer work as instructed.\*
15. Teaches group fitness instruction and spots weight lifters in a safe manner.\*
16. Preforms other related duties as assigned.\*

**Qualifications:**

To perform this job successfully, an individual must be able to perform each essential duty satisfactorily. The requirements listed below are representative of the knowledge, skill, and/or ability required. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

**Language Ability:**

Ability to read, analyze, and interpret general business periodicals, professional journals, technical procedures, or governmental regulations. Ability to write reports, business correspondence, and procedure manuals. Ability to effectively present information and respond to questions from groups of managers, clients, customers, and the general public.

**Math Ability:**

Ability to calculate figures and amounts such as discounts, interest, commissions, proportions, percentages, area, circumference, and volume. Ability to apply concepts of basic algebra and geometry.

**Reasoning Ability:**

Ability to solve practical problems and deal with a variety of concrete variables in situations where only limited standardization exists. Ability to interpret a variety of instructions furnished in written, oral, diagram, or schedule form.

**Computer Skills:**

To perform this job successfully, an individual should have knowledge of word processing software, spreadsheet software, accounting software, inventory software, payroll software, design software, internet software, human resource systems, order processing software, project management software, database software, contact management systems, and e-mail.

**Education/Experience:**

Bachelor's degree (B. A. / B. S.) from four-year college or university; and two to four years related experience and/or training.

**Certificates and Licenses:**

* CPR
* Basic First Aid

**Physical Demands:**

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

While performing the duties of this job, the employee is regularly required to stand, walk, use hands, reach with hands and arms, climb or balance, stoop, kneel, crouch or crawl, and talk or hear. The employee is occasionally required to sit. The employee must occasionally lift and/or move up to 200 pounds.

**Work Environment:**

The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

While performing the duties of this job, the employee is occasionally exposed to running and to working near moving mechanical parts, toxic or caustic chemicals, bloodborne pathogens, outdoor weather conditions, and vibration.

The noise level in the work environment is usually moderate.