

Private & Small Group Training Coach

The Ben Weider Centre of Excellence is housed in the Sylvan Adams YM-YWHA which is soon undergoing a 13,000 square foot renovation to improve the quality of our functional training space. Our team works in a high-spirited, health conscious environment with great energy focused on making a positive and meaningful difference in the lives of people in our community. Reporting to the Associate Director of Fitness and Wellness, the Private & Small Group Training Coach provides personalized attention, and a high level of coaching and knowledge to each member, helping them reach their wellness goals. The candidate will be responsible for delivering excellence in customer service, in keeping with the Sylvan Adams YM-YWHA's mission.

Responsibilities:

- Recruitment and retention of personal training clients
- Provide high level of personal training sessions to meet the needs of new and existing clients
- Conduct member assessment using provided protocol
- Identify goals and create tailored programs
- Create and lead 'MyZone' heart rate monitored small group training classes
- Ensure that all members are getting attention during class and performing exercises safely
- Demonstrate all exercises in class with modifications as needed depending on the level of the client
- Motivate and help members to achieve their goals
- Actively look after members and guests in the Fitness areas

Requirements:

- University diploma in Kinesiology, Exercise Science, Physical Education or have experience in a related field
- 1+ years of personal training experience
- 1+ years of small group/group fitness experience
- Ability to work in a team environment and invest time towards continuing education
- Self-motivated and goal oriented personality
- Proficiency with a computer at an intermediate level
- Ability to develop strong relationships with clients and business partners
- Ability to work in a performance/target driven environment
- Excellent written and verbal communication in BOTH English and French
- Cardiopulmonary Resuscitation (CPR) certification required

Experience working with heart rate monitored technology an asset

Compensation and benefits:

- Highly competitive salary and commission opportunities
- Opportunity to partner with and learn from leading Fitness and Wellness companies such as EXOS, Precor, Myzone, IHRSA, FKQ and Club Industry
- Complimentary membership

Application process: Interested candidates are invited to submit their cover letter and CV to Davide Salvoni, by email, to dsalvoni@ymywha.com. No phone calls please. Only eligible candidates will be contacted.