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PERSONAL TRAINER JOB DESCRIPTION

Chatham Works is seeking to hire Personal Trainers to coach our clients in Team Training (functional group classes) and Personal, Semi-Private, and Small Group Training settings.

We are a year-round business, and we're only interested in candidates who are seeking year-round employment with consistent hours.

Chatham Works Overview

Chatham Works is a combination Fitness Center + Coworking Space + Retail Shop. Fitness accounts for over 80% of our square footage, and our overall revenue.

We opened for business in July of 2019, and have been named "Best of Cape Cod" winner 7 years in a row in Cape Cod Life Magazine's annual reader poll.

We are committed to serving the local community as a year-round business, but like any Cape business we try to make hay while the sun shines during the summer.

Chatham Works' Mission Statement

Chatham Works' mission is to help our customers live healthier, happier, and better lives.

Chatham Works' Fitness Offerings

Our approach to fitness emphasizes functional training, group exercise, and variety, and we strongly believe that exercise is medicine.

We provide our Fitness members with a significant amount of choice and variety. We are not a "vanilla" health club, and we don't target bodybuilders or powerlifters. We're big believers in strength training, but we're oriented more towards movement rather than machines.

We have a dedicated Indoor Cycling studio, indoor and outdoor turf spaces, and offer a wide range of Group Exercise options including Barre, Zumba, Yoga, Mat Pilates, and Senior Fitness Classes. Customers can also come in and workout on their own using a range of top quality cardio and resistance training equipment.

We offer Personal, Semi-Private, and Small Group Training, multiple annual and month-to-month membership options, and Class and Open Gym passes and pass packs.

Our members range in age from late teens to 80+.

Personal Trainer - Job Details

Personal **characteristics and traits** we're looking for include:

- Passionate about health and wellness.
- Outstanding people and communication skills.
- Deep commitment to our mission and values (see below).
- Positive "can do/will do" attitude.
- Strong work ethic.
- Innate personal integrity (including punctuality).
- Strong organizational skills and attention to detail.
- Consistently professional demeanor and appearance.

Specific **core duties** required of the **Personal Trainer** position include:

- Training members in Team Training classes, and Personal, Semi-, and Small Group Training formats in accordance with our frameworks and overall training philosophy.
- Monitoring and maintaining health and safety standards and protocols.
- Helping to maintain facility cleanliness and ensure that all equipment is in proper working order.
- Collecting and sharing staff and customer feedback.
- Participating in all staff related meetings and other required activities.
- Assisting in the development, implementation, and promotion of programs and events.
- Actively yet tactfully promoting Chatham Works' various offerings to both existing and prospective members.

Additionally, physical demands of the position include the ability to walk through all areas of the facility; repetitive squatting, bending and lifting (e.g., 40 – 60 lbs.); restacking of weights; moving of equipment as necessary; and, the ability to demonstrate other exercise movements as part of a personal fitness workout.

Trainer - Qualifications

The ideal candidate will have at least two years of experience as a Personal Trainer, with a demonstrated record of successfully executing both the internally and externally facing aspects of the position; and one or more current certifications from a NCCA accredited certifying entity (ex: ACSM, ACE, NASM, or NSCA).

We also welcome inquiries from candidates who may not meet all of these qualifications, but have a strong fitness / athletics backgrounds coupled with extraordinary "intangibles" (i.e., drive, passion, integrity, communication skills, coachability, etc.) that make them worthy of consideration.

We understand that everyone approaches fitness from a different place, and we all have our own preferences and interests. But we expect and require that all Trainers be willing and able to help clients build strength, improve their body composition, boost their conditioning, and develop mobility and stability. Our clients come to us with a wide range of goals, and most are best served by a well-rounded program rather than a single method. The Trainer we're looking for is curious, open to learning new approaches and skillsets, and comfortable working across all of these areas, even if one of them is a personal favorite.

Some aspects of our business utilize and rely on **technology**, so the ideal candidate should already be **comfortable with computers and cloud-based software** and be **willing and able to learn** how to use new resources.

CPR/AED certification is required.

(Note that all applicants may be requested to grant us authorization to perform a pre-employment background check.)

Trainer - Compensation & Benefits

This is an hourly year-round position at competitive wages (or better).

Benefits will include discounts on all Retail items, facility/class access (depending on availability), and stipends for professional development (depending on hours worked).

Interested candidates are asked to email a resume accompanied by a brief written description of relevant experience, qualifications, and accomplishments to jobs@chathamworks.com .