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# Example of Fitness Coach Job Description

Our company is growing rapidly and is looking to fill the role of fitness coach. Please review the list of responsibilities and qualifications. While this is our ideal list, we will consider candidates that do not necessarily have all of the qualifications, but have sufficient experience and talent.

## Responsibilities for fitness coach

* Ensure the safety of participants in regard to heart rate and exercise technique
* Attend monthly fitness staff meetings and required educational presentations
* Designate 12-15 hours a week to the Lake Forest OTF studio
* Assist sales associates, when needed, with Lake Forest OTF studio tours and sales
* Energize and motivate clients throughout the one-hour sessions
* Build OTF attendance, energize and retain current clientele
* Assist sales associates, when needed, with OTF studio tours and sales
* The OTF Trainer/Coach will lead up to 26 participants through 60-minute OTF-specific group training sessions
* Responsible for organization and cleanliness of the training floor other areas of the studio when needed
* Responsible for marketing your OTF training services inside and outside the OTF studio

## Qualifications for fitness coach

* Must have the ability to progress and regress exercises on the fly, in real time
* Must have the desire and capacity to train all fitness levels, novice to elite
* Must hold a current fitness certification from an OTF approved education company such as ACSM, ACE, NASM, NSCA, AFFA
* Bachelor’s degree in an Exercise Related Field is preferred
* Must have current CPR/AED certification
* 1+ years of professional experience teaching groups and/or personal training in the Fitness Industry