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# Example of Health Fitness Assistant Job Description

Our company is growing rapidly and is looking for a health fitness assistant. Thank you in advance for taking a look at the list of responsibilities and qualifications. We look forward to reviewing your resume.

## Responsibilities for health fitness assistant

* Instructs group exercise classes of basic formats such as Circuit, Bootcamp
* Responsible for opening the fitness center and serving as a backup to the Lifeguard and the Member Services Representative
* Provide blood pressure screenings for members and guests after clearance with supervisor
* Provides equipment instruction
* Assists with all member service desk administration and processes, answer phones, and process membership enrollments
* Promotes program offerings
* Opens/closes and maintains safety and cleanliness of the facility
* Will handle the majority of Personal Training clients
* Provides individual instruction
* Maximize exercise safety and effectiveness

## Qualifications for health fitness assistant

* Associate/Bachelor Degree in Exercise Science, Health Promotion, Kinesiology or related discipline that is obtained within 90 days of hire ORHealthFitness recognized industry certifications in Group Exercise and/or Personal Training (ACE, AFAA, NSCA, NASM, ACSM) and 2+ years related industry experience required
* Group Exercise and/or Personal Training certifications preferred
* Bachelor's Degree in Exercise Science, Health Promotion, Kinesiology or related discipline ORHealthFitness recognized industry certifications in Group Exercise and/or Personal Training (ACE, AFAA, NSCA, NASM, ACSM) and 2+ years related industry experience required
* Experience instructing group exercise classes (HIIT, bootcamp, circuit, cycling ) preferred
* Associate/Bachelor Degree in Exercise Science, Health Promotion, Kinesiology or related discipline ORHealthFitness recognized industry certifications in Group Exercise and/or Personal Training (ACE, AFAA, NSCA, NASM, ACSM) plus 2 years related industry experience required
* Current American Red Cross Lifeguard training certification required prior to start date, MIT will provide certification but candidates must be able to pass a swim test