



Example of Fitness Specialist Job Description

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Our growing company is looking for a fitness specialist. We appreciate you taking the time to review the list of qualifications and to apply for the position. If you don't fill all of the qualifications, you may still be considered depending on your level of experience.

Responsibilities for fitness specialist

- Must be able to instruct and assist individuals and groups on the proper use of cardiovascular and strength training equipment
- Must maintain a high level of knowledge and use of cardio and strength training equipment
- Must be knowledgeable about training programs and plans
- Must be comfortable personal training clients
- Must understand the needs and desires of senior/active adult lifestyles
- Supervise and monitor exercise participants
- Perform fitness assessments, determine exercise prescriptions, and design workout programs for a diverse population, including a variety of high risk clientele
- Provide one-on-one consulting, training and motivation
- Design & Implement of incentive, health promotion, and other specialty programs
- Instruct of group exercise classes

Qualifications for fitness specialist

- Experience instructing group exercise classes (step, hi/lo, spin, kickboxing, Zumba, Yoga,) is strongly preferred
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- Assists in the development of targeted communication plans for members and corporate wide initiatives through digital, printed, and web based communication vehicles
- Applies basic knowledge of policies, processes, industry practices, systems and / or equipment as it relates to fitness and recreation solutions