



Example of Health Fitness Specialist Job Description

Powered by www.VelvetJobs.com

Our company is searching for experienced candidates for the position of health fitness specialist. If you are looking for an exciting place to work, please take a look at the list of qualifications below.

Responsibilities for health fitness specialist

- Participates in participation drives to acquire new health coaching enrollees
- Gathers program outcomes data and measures results
- Demonstrates how to operate cardiovascular equipment and exercise machines
- Assists with the record keeping and the data entry of member information, managing and organizing of the client file system, and maintenance of appointment books
- Reports incidents or injuries according to policy and procedure
- Assesses body composition
- Research health and fitness educational topics and identifies appropriate participant materials
- Provide safe individual or group exercise instruction, including participants who may be recovering from a work-related injury
- Various tasks and duties as assigned
- Open/close the facility and maintain safety and cleanliness of the facility

Qualifications for health fitness specialist

- Experience instructing group exercise classes preferred (step, hi/lo, spin, kickboxing, zumba, yoga)
- Experience and knowledge in a variety of group exercise class formats preferred
- Experience instructing group exercise classes (step, hi/lo, spin, kickboxing,

- Experience in instruction of group exercise classes (spin, kickboxing, Zumba, Yoga, HIIT,) required, certification preferred
- Personal Training certification from ACE, AFAA, ACSM, NASM or NSCA preferred, but required within 90 days of hire
- Experience instructing group exercise classes (Boot Camp, Spin, Kickboxing, Zumba, Yoga,) is preferred