



Example of Health Fitness Specialist Job Description

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Our company is searching for experienced candidates for the position of health fitness specialist. 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 health fitness specialist

- Lead or assist in teaching fitness workshops or seminars
- Provide support to the planning, management and continual evaluation of Fitness programs and equipment
- Perform administrative work to include familiarization tours of fitness facilities, provide facility oversight and attend meetings
- Ensure the cleanliness and tidiness of fitness facilities
- Monitor and assist clients to ensure proper form is used when exercising and the safe and effective use of equipment
- Maintain a consistent client base and track weekly metrics
- Market Health, Wellness and personal training to clients, contribute health and fitness articles to the Wellness Newsletter and other fitness-related reports/correspondence
- Provide basic nutritional advice in accordance with healthy eating guidelines
- Refer clients to other services as required to support achievement of health and fitness goals
- Instruct members on proper techniques and concepts of all exercise components

Qualifications for health fitness specialist

- Personal Training from ACE, AFAA, ACSM, NASM or NSCA preferred
- Current CPR & AED certifications preferred, but required prior to start date

- Current CPR/AED and first aid certifications preferred, but must be acquired prior to start date
- Experience instructing group exercise classes (BOSU, Spin, Boot Camp,) is preferred
- Prior experience instructing group exercise classes (step, hi/lo, spin, kickboxing, Zumba, yoga,) strongly preferred