



Example of Health Fitness Specialist Job Description

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Our innovative and growing company is hiring for a 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

- Provide individual and group exercise instruction
- Perform facility maintenance responsibilities
- Carries out other projects and duties assigned by the Program Manager, including special events
- Schedule and administer health risk appraisal and physical assessment
- Prescribe individual exercise programs based on assessment that follow ACSM established guidelines
- Conduct regular safety rounds of the exercise facility in an effort to assist with any exercise related issues or emergencies
- Develop and implement exercise incentive programs to motivate and enhance consistency
- Greets members at the front desk
- Administrative duties such as front desk coverage, managing schedule and PHI payments for services
- Researches health and fitness educational topics and identifies appropriate participant education materials

Qualifications for health fitness specialist

- Experience instructing group exercise classes (step, hi/lo, spin, kickboxing, zumba, yoga,) strongly preferred
- Industry recognized certification in Personal Training (ACE, AFAA, NASM, NSCA or ACSM) is preferred

- Experience instructing group exercise classes (step, hi/lo, kickboxing, Zumba, yoga,) required
- Additional Wellness industry certifications preferred (NASM Corrective Exercise)
- Current CPR/AED and first aid certifications preferred, but required within 3 months of employment