



# Personal Trainer and Group Fitness Instructor

## KoCoon Fitness

### Docklands Innovation Park, East Wall, Dublin 3

#### Job brief

On a daily basis, you'll carry out various tasks, starting from assessing new clients' physical condition and creating and implementing unique workout routines for small groups. You'll explain the exercises in a clear and efficient way, while demonstrating how to use the training equipment safely, to avoid injuries.

If you are enthusiastic about the world of fitness and want to make an impact on this field, let's meet.

#### Responsibilities

- Evaluate clients' fitness levels and health conditions
- Build small group exercise programs
- Explain exercises in detail and suggest alternatives if needed
- Monitor progress of clients' fitness levels
- Explain safe and proper use of gym equipment
- Lead group training sessions
- Promote the gym's fitness packages and plans
- Perform first aid in case of emergencies
- Inform clients about on gym safety and hygiene guidelines
- Build a positive and trusting relationship with customers
- Advise customers on how to change nutritional and lifestyle habits as needed



## Requirements and skills

- Previous experience as a personal trainer or relevant role
- Knowledge of various fitness programs, from basic exercises to more challenging training sessions
- Ability to guide and motivate clients
- Available to work flexible hours
- Excellent communication skills
- Certificates in first aid
- Desirable that candidates hold a EQF Level 4 Personal Training Qualification

Job Type: Part-time

Part-time hours: 15-20 per week

Salary: €14.00-€18.00 per hour

Benefits:

- Employee discount
- Gym membership
- On-site parking

Schedule:

- Monday to Saturday