



---

<b>Title: Fitness Instructor</b>
<b>Reporting to: Fitness Manager</b>

---

## **BASIC FUNCTION:**

A fitness instructor's responsibility is to provide group classes and personal training to the clients, help motivate others in reaching their fitness and weight goals and inspire the clients with their expertise and passion. A fitness instructor is expected to deliver exceptional sessions, classes, and members' experiences and be constructive by encouraging members to participate in all we offer regarding exercise and improve their fitness journey with us.

Excelling is our belief in every employee, and we expect our employees to be leaders in efficiency, execution, and empathy towards our members and fellow employees. To lead in customer service by exceeding our customer needs throughout the club by passing on their expectations of what a health club can deliver. To have a mindset of how they can improve every member training, whether it's a client or not, and ensure a 100% focus is on operating the gym floor from training, cleanliness, and helping the team.

A fitness instructor is always expected to be the best in her capabilities and develop and learn within the team by listening, giving ideas, and communicating professionally to all team members. Being efficient with time by always being early and ready to go with meetings, training sessions, and classes. And finally, we expect our employees to have a can-do attitude and think outside the box in all areas as we do not follow but set trends in fitness.

---

## **REQUIREMENTS:**

### **Qualifications:**

- Minimum REP's level 3 or relevant and up-to-date qualifications such as (ISSA, IFBB, SAST, ACE, ACSM, NASM, NSCA).
- Group exercise qualified (Kettlebells, TRX etc.).
- Valid CPR/AED and First Aid certifications or must obtain within thirty days of employment.

### **Experience:**

- (1-3) Years' experience in personal training and group exercising.

### **Skills:**

- Friendly and outgoing personality.
- Being eager to learn and develop new skills.
- Excellent communication skills.
- Excellent time keeping and organizational skills
- Problem solving and stress management skills.
- Ability to use information technology for a range of purposes including record keeping, class scheduling, session reminders, sales and invoicing, client and group management and analyzing your clients' progress.
- Excellent oral and written skills, English and Arabic.