

The Project PT Limited

Coach/Personal Trainer

Working hours:

35hrs

Salary: £21-25k

Monday-Sunday 6am-9.30pm

(Rota’d hours.) Rotas are sent out by management one month in advance.

Movement Coach Duties:

1. Coaching clients through sessions, Strength, Hybrid, Cardio, Kettlebells, Core & Mobility, Powerlifting.
2. Creating training programs for clients alongside the lead coach.
3. Helping in the smooth running of training sessions for members.
4. Maintaining a clean and tidy gym.
5. Opening and locking up the gym.
6. Completing health and safety tasks to ensure the gym adheres to their health and safety policy.
7. Responding to member communication.
8. Marketing the studio through leafleting and canvassing.
9. Creating informational material, blogs, social media posts.
10. Coaching 1:1 sessions within people’s homes.

Full training for all of the above duties and tasks will be given.

Team members are given 3 monthly appraisals to help with their career progression.

Name:

Date:

Signature: