



# Mittleman

Jewish Community Center

Schnitzer Family Campus

6651 SW Capitol Highway, Portland, OR 97219

P: 503.244.0111 | F: 503.245.4233 | [oregonjcc.org](http://oregonjcc.org)

## Job Announcement

Job Title: Personal Trainer

### OPEN CONTINUOUS

**WAGE:** \$28 to \$30 DOE per hour when training clients; \$15.00 per hour on fitness floor shifts

**SCHEDULE:** Personal training hours will vary based on clientele; 5 to 10 hours per week on the fitness floor recommended

**TO APPLY:** Apply online at our website: [www.oregonjcc.org](http://www.oregonjcc.org) (select "About Us," then select "Employment"). Mittleman Jewish Community Center is an Equal Opportunity Employer.

Applications may also be obtained at Mittleman Jewish Community Center, 6651 SW Capitol Hwy, Portland OR, 503.244.0111.

**JOB SUMMARY:** The Personal Trainer is responsible to provide various personal training services that provide guidance and support to members in maximizing workout efficiency, improving fitness, increasing stamina, and enjoying their fitness experience.

**ESSENTIAL DUTIES:** (These examples represent the essential functions of the position. They are not, however, inclusive of all the duties the position may perform.)

1. Develop safe, professional and comprehensive personal training programs that are individualized to meet members' fitness needs. Work with members to develop fitness goals; monitor progress; provide encouragement and support. Ensure that members are satisfied with their workout programs.
2. Conduct equipment orientations. Offer useful, tactful and safe advice regarding the use of equipment.
3. Provide excellent customer service. Provide information specific to fitness center programs, and general information about MJCC operations. Answer questions and address concerns within scope of authority.
4. Educate members on current health and fitness issues and trends.
5. Keep Manager informed of needs, questions, and changes of the clientele.
6. Enforce facility and fitness program policies.

**QUALIFICATIONS:** Any combination of experience and training that demonstrates the ability to perform the duties of the position is qualifying. This would typically include:

- Bachelor's degree in a related field;
- ACE or ACSM certification or other national certification preferred;
- Six months' experience providing personal training services in a fitness center or gym that includes work with strength training and cardiovascular equipment;
- Experience working with a wide range of demographics;
- Self-motivated
- Ability and willingness to work a flexible schedule;
- Certification in First Aid, CPR and AED, or ability to become certified upon hire.

Knowledge: Knowledge of individual fitness program design, cardiovascular training and nutrition; knowledge of the safe use and operation of strength training and cardiovascular equipment; general knowledge of body mechanics and anatomy.

Skill: Skill in fitness assessment; skill in the use of a variety of fitness equipment.

Ability: Ability to project a positive, professional image; ability to build relationships with customers and maintain proper professional boundaries; ability to communicate effectively with others, both orally and in writing; ability to understand and follow oral and/or written policies, procedures, and instructions; ability to work effectively with co-workers in a diverse workforce; ability to respond appropriately to question/concerns from other employees and the public; ability to work independently and make decisions within established procedures; ability to work a flexible schedule as needed.

PHYSICAL REQUIREMENTS OF THE POSITION: Duties are performed in a fitness center and require the ability to demonstrate the proper and safe use of exercise and weight training equipment. This typically involves pushing, pulling, gripping, bending, stooping and walking. Normal-range acuity in vision and hearing is required.

ABOUT US: Mittleman Jewish Community Center is a vital institution for Jewish culture and identification, proud to offer its programs and services to everyone. For more than 100 years, the MJCC has offered educational, social, cultural and recreational programs.

MJCC is an Equal Opportunity Employer