

## Nationally Recognized Certification Required

Challenge Fitness is currently seeking qualified personal trainers who can deliver a fantastic workout experience to our clients. This position requires a strong ability to coach and manage time, motivating multiple clients in a group setting and 1-on-1 setting. A CF Personal Trainer must focus on a well-rounded understanding of fitness, including endurance, strength, and power, using the tools given to optimize clients' experience and results. Be part of a great team with a fun and motivating work environment!

### ESSENTIAL DUTIES & RESPONSIBILITIES:

- Program and implement individualized workouts for clients.
- Energize and motivate clients throughout the sessions.
- Ensure safety of clients in regards to heart rate and exercise technique.

Send resume to: [JWilliams@lockportpark.org](mailto:JWilliams@lockportpark.org).