

# Health and Fitness Coach

**Reporting to:** Fitness Manager, Duty Manager and General Manager

**Job Purpose:** We exist to improve the lives of others

The Health and Fitness Coach will assist in the smooth running of the fitness and wellbeing provision at our Hubs by delivering quality activities with exceptional customer service according to our **WATCH** principles. You will work with your Fitness Manager and General to **promote, connect** and **provide** in alignment with Life Leisure's Purpose and Mission.

Hours: 30 Hours per week

Location: Life Leisure Cheadle

Salary: £22,224 per annum pro rata (£11.52 an hour)

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## About you:

With a genuine flair and passion for health, wellness and member interaction, applicants will need to be experienced in consistently delivering high level member experiences that engage and inspire gym users. This will require exceptional communication, a high level of health and wellness expertise, up to date fitness knowledge and coaching skills to successfully onboard and engage with our members, deliver a variety of group ex classes and coach small group training. Further requirements include the knowledge and experience to assist in the generation of secondary income streams, including the delivery of Personal Training.

The successful candidate will be able to access additional earning opportunities at the Hub through Personal Training.

## Experience relevant to the role

### Essential

- Experience of dealing with the general public
- Experience of writing fitness programmes

### Desirable

- Currently or previously employed as a fitness instructor
- Previous experience of working in the leisure industry
- Experience of working in a customer focused environment
- Experience of teaching studio classes
- Previous experience of customer services

## **Education and qualifications**

### **Essential**

- Minimum of 3 GCSE's or equivalent, to include Mathematics and English Language
- Level 3 Personal Training or equivalent

### **Desirable**

- First Aid trained / qualification
- Exercise to Music Certificate
- Customer care qualification (NVQ) or experience
- Health and Safety qualification or relevant experience
- Computer/Basic Accounting qualification

## **Abilities, Skills and Knowledge**

### **Essential**

- Experience in delivering group exercise
- Computer Literate
- Excellent communication skills
- Ability to deal with members in a polite and professional manner
- Customer focused

### **Desirable**

- Ability to work on own initiative, as well as part of a team
  - Ability to follow instructions
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## **Job duties:**

### **Duties and Responsibilities:**

- Provide and deliver the five key components of our whole person wellbeing proposition VIP-GO (Visits, Interactions, Programmes, Group Ex and Onboarding)
- Connect with our users through meaningful interaction and motivation on the gym floor and studio spaces.
- Carry out high quality on boarding experiences, in house personal training programmes and group training sessions.
- Deliver a range of group exercise classes to inspire and motivate people to want to come back time and time again.
- Ensure the fitness equipment is well maintained and safe for participants to use through regular checks and cleaning.
- Provide support and cover for the health and fitness team as and when required.
- Attend regular trainings, one to ones, meetings and workshops.
- Work with the sales and marketing team to deliver outreach activities to partner organisations and local businesses.

## **Additional information**

- The responsibilities set out in this document, in the advert and any additional information are intended to provide a flavour of the work you will carry out. It is not possible to include everything you will be asked to undertake, and we expect all colleagues to work flexibly according to business needs and to enhance your own development. Your skills, abilities and training needs will be taken into account and discussed with you when any significant changes to your role are needed.