

We are hiring!



Health and Wellbeing Coach 2

Job description

At Life Leisure, we exist to improve the lives of others and our mission is to develop a healthier and more active community. As a Health & Wellbeing Coach 2, you will play a key role in delivering high-quality health and wellbeing support across both specialist physical activity and mainstream fitness services. You will work closely with participants and members, helping them improve their health, confidence and activity levels through safe, supportive and engaging experiences. A level 3 Exercise referral qualification or willingness to work towards is essential.

Hours

18.5 hours per week on a 3 week rota basis.

Location

Marple Community Hub

Salary

£15.38 per hour

Job Duties:

- Deliver high-quality onboarding sessions, consultations and fitness experiences for members and participants.
- Support the delivery of specialist physical activity programmes for people with low to moderate risk health conditions.
- Work alongside the Specialist Physical Activity Coach to deliver consultations, supervised sessions and specialist exercise classes.
- Deliver safe, inclusive and motivating group exercise experiences.
- Provide meaningful gym floor support, encouragement and member interaction.
- Maintain fitness equipment through regular safety checks and cleaning.
- Support accurate record keeping and monitoring using systems such as ReferAll.
- Work collaboratively with colleagues, internal teams and partner organisations to support service delivery and community outreach.

Staff Benefits

Free gym membership

- Friends & Family discounts
- 50% discount on swimming lessons
- Cycle to Work scheme
- Birthday leave Employee
- Reward and recognition scheme
- Wellbeing support initiatives

How to apply

Email your CV and covering letter to:
hrteam@lifeleisure.net

