

Superhero Fitness Job Description

Personal Trainer / Strength & Condition Coach

Job Title: Assistant Strength and Conditioning Coach / Personal trainer

Apprenticeship qualification: Level 3 Personal Training: [Personal trainer / Institute for Apprenticeships and Technical Education](#)

Progression: Opportunity to progress on to the Level 4 Strength and Conditioning course following completion of the apprenticeship

Why work for Superhero Fitness?

Superhero Fitness Ltd. is a thriving high- quality fitness facility providing excellence in fitness training and coaching. It was opened in April 2017 with an excellent reputation for providing first-class knowledge and delivery of fitness services which continues to grow. Our objective is to positively impact peoples lives by educating and helping them to execute long-lasting habits to result in a stronger and healthier future.

Superhero Fitness provide gym memberships, personal training, fitness classes, online programming, and small group personal training services (and more).

Superhero Fitness is an environment which has built a strong community impacting many people’s lives in a positive manner. This has become a safe place to support each other and been sacral to peoples social, mental, and emotional well-being (as well as physical health). Superhero Fitness is much more than just a gym.

Job Summary:

This apprenticeship is designed for individuals who wish to have a full-time career within the fitness industry as a personal trainer / strength and conditioning coach. You will assist with our qualified coaches to deliver first-class fitness training on a one-to-one basis and within (small and large) groups. You will carry out maintenance and repair work of equipment. You will discover first-hand how to communicate well, and the process involved with interacting with new and existing clients/ members to help them understand the requirements involved in achieving their goals. You will learn how to adapt training for individuals to help reduce their chances of injuries whilst enhancing their performance capabilities. You will learn to become a high-performance coach and applying our methods within many different training programme designs. You will be responsible for the daily running of the gym ensuring members follow our protocols and carry out general administrative duties such as managing emails, stock control, general cleaning / tidying and more.

Job details:

Hours:	30 hours per week (shifts to be discussed)
Salary:	£10,000.00 per annum
Holiday Entitlement:	168 hours per annum
Staff Benefits:	Staff uniform Free gym membership

Regular Place of work:	Superhero Fitness, High Road, Trimley St Martin, Felixstowe, IP11 0RJ
Reporting to:	Liam Hunn (CEO and Head S&C Coach)

Main Duties:

- To assist in the delivery of a high standard strength and conditioning programme
- To assist in the delivery of a high standard personal training programme
- Stock checking and money handling
- General admin duties such as membership management and emails
- Cleaning training areas
- Maintenance of gym equipment
- To assist in the running of the daily gym operations
- To carry out any such task that your mentor thinks is within your capabilities
- To assist in the planning of fitness events, workshops, programmes, etc

Desired Skills / Personal Qualities:

- Fantastic **customer service**
- Clear and **good communication** skills
- Being **honest** and **transparent**
- Excellent **work ethic**
- Well **organised**
- **Reliable** and **humble**
- Must be a **team player**
- **Punctual**

Other Information:

This position is for anyone who meets the desired skills / personal qualities as stated and has a passion for fitness training and helping others. The right candidate must be willing to agree to our values and principles and build positive relationships. We expect our staff to behave and conduct themselves in a manner that is a role model for others to witness.

Within this apprenticeship you will be given life skills and experience by working closely with our Head Strength & Conditioning Coach so you can learn about becoming a top-quality coach and running a business.

If you wish to express your interest in this apprenticeship role, or find our more information, please contact apprenticeships@suffolk.gov.uk