

Job Opening: Full-Time Exercise Physiologist & Certified Personal Trainer

Location: Manhattan Kansas

Company: Maximum Performance Physical Therapy and Fitness

About Us: At Maximum Performance Physical Therapy and Fitness, we are committed to empowering individuals through the power of fitness and wellness. We specialize in providing top-notch functional fitness classes, sports enhancement programs for student athletes, and personalized training solutions. Our mission is to foster a supportive environment that encourages growth, health, and performance excellence.

Position Overview: We are seeking a dynamic and passionate Full-Time Exercise Physiologist and Certified Personal Trainer to join our team. This individual will play a crucial role in delivering high-quality programming and instruction across various fitness offerings. The ideal candidate will have a strong background in exercise physiology, a flair for designing effective training programs, and a dedication to helping clients achieve their fitness goals.

Key Responsibilities:

1. **Functional Fitness Classes:** Design and lead engaging functional fitness classes that cater to a diverse range of participants. Ensure sessions are effective, safe, and aligned with current best practices in exercise science.
2. **Sports Enhancement Programs:** Develop and implement specialized training programs for student athletes aimed at improving performance, strength, agility, and overall athleticism. Collaborate with coaches and educators to align with athletic goals and schedules.
3. **Personal Training:** Provide one-on-one and group personal training sessions. Assess clients' fitness levels, set personalized goals, and create customized workout plans that address individual needs and preferences.
4. **Education and Support:** Educate clients on proper exercise techniques, nutrition, and lifestyle changes to support their fitness journey. Offer ongoing motivation and guidance to help them stay committed and achieve desired results.
5. **Program Evaluation:** Monitor and evaluate the effectiveness of fitness programs and make necessary adjustments based on client feedback and progress assessments.
6. **Facility Maintenance:** Ensure that fitness equipment and training spaces are maintained to high standards of cleanliness and safety.

Qualifications:

- Bachelor's degree in Exercise Physiology, Kinesiology, or a related field.
- Certified Personal Trainer (CPT) through a recognized certification body (e.g., ACE, NASM, ACSM).
- Prefer 2 years of experience in a similar role, with a proven track record in delivering effective fitness programs.
- Strong knowledge of exercise physiology, program design, and nutrition.
- Excellent communication and interpersonal skills, with the ability to motivate and inspire clients.
- Experience working with student athletes and knowledge of sports performance training is highly desirable.
- Ability to work flexible hours, including evenings and weekends as needed.

What We Offer:

- Competitive salary and benefits package.
- Opportunities for professional development and continuing education.
- A supportive and collaborative work environment.
- Access to state-of-the-art fitness facilities and equipment.

How to Apply: If you are passionate about fitness and dedicated to helping others achieve their goals, we would love to hear from you! Please submit your resume, a cover letter detailing your relevant experience, and any relevant certifications to fitness@maximumperform.com with the subject line "Exercise Physiologist & Certified Personal Trainer Application."

Application Opening Fall of 2024.

Expected Start Date: May 1, 2025 with onboard training beginning in **April of 2025.**

Maximum Performance Physical Therapy and Fitness is an equal-opportunity employer. We celebrate diversity and are committed to creating an inclusive environment for all employees.